

**Welcome to the MHRRC Summer 2011 Tuesday evening series of Track workouts.**

**We will again be meeting at the Union Vale Middleschool Track, beginning Tuesday April 12th.**

**Be warmed up and ready to go for our Group Stretching that begins at 6:15 PM sharp!**

(We ask that if you plan to participate, that you become a MHRRC Club Member)

(go to MHRRC.ORG and use our Shopping Cart for easy enrollment)

**See you there!**

**Wayne** run426n2@aol.com  
**Conni** gra176@aol.com  
 (845) 227-6308

**Below are the details and schedule of workouts that will guide us through our 2011 Training.**

**Tuesday evening Track Workout**

**Homework - weekend "focus workout"**

<b>week 1</b>  <b>12-Apr</b>	- Warm-up jog (5-10min) - group stretching (6:15 PM start time) - <b>3 x 5min at "Threshold" pace</b> <b>(3min recovery jog between each)</b> - 3-4 Hill striders (adjacent to Track) - Cool-down jog (5-10min)	during a weekend run on the roads, incorporate: 2 x 5min at "Threshold" pace try and match the "effort" from your Tuesday Track workout (3min recovery jog between the "threshold" running)
<b>week 2</b>  <b>19-Apr</b>	- Warm-up jog (5-10 min) - group stretching (6:15 PM start time) - <b>3-5 x 4min at "Threshold" pace</b> <b>(2-3min recovery jog between each)</b> - 3-4 Hill striders (adjacent to Track) - Cool-down jog (5-10min)	during a weekend run on the roads, incorporate: 2 x 6min at "Threshold" pace try and match the "effort" from your Tuesday Track workout (3min recovery jog between the "threshold" running)
<b>week 3</b>  <b>26-Apr</b>	- Warm-up jog (5-10 min) - group stretching (6:15 PM start time) - <b>3-5 x 5min at "Threshold" pace</b> <b>(2-3min recovery jog between each)</b> 3-4 Hill striders (adjacent to Track) - Cool-down jog (5-10min)	during a weekend run on the roads, incorporate: 2 x 7min at "Threshold" pace try and match the "effort" from your Tuesday Track workout (3min recovery jog between the "threshold" running)
<b>week 4</b>  <b>3-May</b>	- Warm-up jog (5-10 min) group stretching (6:15 PM start time) - <b>2-4 x 6min at "Threshold" pace</b> <b>(1-2min recovery jog between each)</b> - 3-4 Hill striders (adjacent to Track) - Cool-down jog (5-10min)	during a weekend run on the roads, incorporate: 2 x 8min at "Threshold" pace try and match the "effort" from your Tuesday Track workout (3min recovery jog between the "threshold" running)
<b>week 5</b>  <b>10-May</b>	- Warm-up jog (5-10 min) - group stretching (6:15 PM start time) - 2 laps of "stride the straights", "jog the turns" - 800M at "Threshold" pace with a 3-4min recovery jog - <b>10 x 400M at "Interval" pace</b> <b>(400M recovery jog between each)</b> - Cool-down jog (5-10min)	Find a Hill in 1 of your training runs that takes at least 1.5min to run up. Incorporate: 6-8 1.5min "hill repeats" within the run, at a good steady uptempo pace. This would be similar to your "Interval" effort. (run comfortably down the hill as your recovery jog)
<b>week 6</b>  <b>17-May</b>	- Warm-up jog (5-10 min) - group stretching (6:15 PM start time) - 2 laps of "stride the straights", "jog the turns" - 800M at "Threshold" pace with a 3-4min recovery jog - <b>3-6 x 800M at "Interval" pace</b> <b>(400M recovery jog between each)</b> - Cool-down jog (5-10min)	Find a Hill (similar to the 1 we used near the Track) in 1 of your training runs that takes at least 20 seconds to run up. Incorporate: 6-10 15-20 second "hill repeats" within the run. This is a faster, harder, near all out, similar to "Repetition" effort. (run comfortably down the hill as your recovery jog)

**Tuesday evening Track Workout**

**Homework - weekend "focus workout"**

<p><b>week 7</b>  <b>24-May</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>1-2 sets of 400M, 600M, 800M at "Interval" pace (200M, 400M, 400M respective rec jog between each)</b></li> <li>- <b>4 x 200M at "Repetition" (Power Interval) pace (200M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 3-4 x 6min at "Threshold" pace (2min recovery jog between the "threshold" running)</p>
<p><b>week 8</b>  <b>31-May</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>3-6 x 1200M at "Interval" pace (400M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>Find a Hill in 1 of your training runs that takes at least 1.5min to run up. Incorporate: 6-8 1.5min "hill repeats" within the run, at a good steady uptempo pace. This would be similar to your "Interval" effort. (run comfortably down the hill as your recovery jog)</p>
<p><b>week 9</b>  <b>7-Jun</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>2-4 sets of 5 x 200M at "Repetition" (Power Int) pace (100M recovery jog within the set. 400M between sets.)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>Find a Hill (similar to the 1 we used near the Track) in 1 of your training runs that takes at least 20 seconds to run up. Incorporate: 6-10 15-20 second "hill repeats" within the run. This is a faster, harder, near all out, similar to "Repetition" effort. (run comfortably down the hill as your recovery jog)</p>
<p><b>week 10</b>  <b>14-Jun</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>** for vdot 46+up 1200M, 1000M, 800M at "Interval" pace</b></li> <li>- <b>** for vdot 37-45 1000M, 1000M, 800M at "Interval" pace</b></li> <li>- <b>** for vdot 36+below 3 x 800M at "Interval" pace</b></li> <li>- <b>3-4 x 200M at "Repetition" (Power Interval) pace (400M recovery jog between ALL)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 3 miles at "Threshold" pace (give yourself a good mile+ warmup and cooldown on each side)</p>
<p><b>week 11</b>  <b>21-Jun</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>6-12 x 400M at "Repetition" (Power Interval) pace (400M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>Find a Hill in 1 of your training runs that takes at least 1.5min to run up. Incorporate: 6-8 1.5min "hill repeats" within the run, at a good steady uptempo pace. This would be similar to your "Interval" effort. (run comfortably down the hill as your recovery jog)</p>
<p><b>week 12</b>  <b>28-Jun</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>** for vdot 46+up 3-5 x 1400M at "Interval" pace</b></li> <li>- <b>** for vdot 37-45 3-5 1200M at "Interval" pace</b></li> <li>- <b>** for vdot 36+below 3-5 x 1000M at "Interval" pace (400M recovery jog between ALL)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 2 x 2 miles at "Threshold" pace with 4min recovery jog between (give yourself a good mile+ warmup and cooldown on each side)</p>
<p><b>week 13</b>  <b>5-Jul</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>3-5 "Hollow 1000s" (800M at Interval, (100M recovery), 200M at Repetition pace (400M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>Find a Hill (similar to the 1 we used near the Track) in 1 of your training runs that takes at least 20 seconds to run up. Incorporate: 6-10 15-20 second "hill repeats" within the run. This is a faster, harder, near all out, similar to "Repetition" effort. (run comfortably down the hill as your recovery jog)</p>
<p><b>week 14</b>  <b>12-Jul</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>400M, 600M, 800M, 800M, 600M, 400M at "Interval" pace (400M recovery jog between each)</b></li> <li>- <b>4 x 200M at "Repetition" (Power Interval) pace (200M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 3 miles at "Threshold" pace (give yourself a good mile+ warmup and cooldown on each side)</p>

**Tuesday evening Track Workout**

**Homework - weekend "focus workout"**

<p><b>week 15</b></p> <p><b>19-Jul</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>2-4 "Hollow 1400s"</b></li> <li style="padding-left: 20px;"><b>1000M at Interval, (100M recovery), 400M at Repetition pace</b></li> <li style="padding-left: 20px;"><b>(600M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>Find a Hill in 1 of your training runs that takes at least 1.5min to run up. Incorporate: 6-8 1.5min "hill repeats" within the run, at a good steady uptempo pace. This would be similar to your "Interval" effort. (run comfortably down the hill as your recovery jog)</p>
<p><b>week 16</b></p> <p><b>26-Jul</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>2x200M, 2x400M at "Repetition" pace</b></li> <li>- <b>600M, 800M, 600M at "Interval" pace</b></li> <li>- <b>2x400M, 2x200M at "Repetition" pace</b></li> <li style="padding-left: 20px;"><b>(200M recovery jog after the 200s)</b></li> <li style="padding-left: 20px;"><b>(400M recovery jog after the 400Ms, 600Ms and 800M)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 4 x 1 mile at "Threshold" pace (2min recovery jog between the "threshold" running)</p>
<p><b>week 17</b></p> <p><b>2-Aug</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>3-5 x 1000M at "Interval" pace</b></li> <li style="padding-left: 20px;"><b>(600M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>Find a Hill (similar to the 1 we used near the Track) in 1 of your training runs that takes at least 20 seconds to run up. Incorporate: 6-10 15-20 second "hill repeats" within the run. This is a faster, harder, near all out, similar to "Repetition" effort. (run comfortably down the hill as your recovery jog)</p>
<p><b>week 18</b></p> <p><b>9-Aug</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>800M at "Interval" pace. 600M recovery jog</b></li> <li>- <b>3-5 x 400M at "Repetition" pace</b></li> <li style="padding-left: 20px;"><b>(400M recovery jog between each)</b></li> <li>- <b>4-6 x 200M at "Repetition" pace</b></li> <li style="padding-left: 20px;"><b>(200M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 3-4 miles at "Threshold" pace (give yourself a good mile+ warmup and cooldown on each side)</p>
<p><b>week 19</b></p> <p><b>16-Aug</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>3-5 x 1200M at "Interval" pace</b></li> <li style="padding-left: 20px;"><b>(600M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 3-4 x 1 mile at "Threshold" pace (1-2min recovery jog between the "threshold" running)</p>
<p><b>week 20</b></p> <p><b>23-Aug</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>4-8 x 800M at "Interval" pace</b></li> <li style="padding-left: 20px;"><b>(600M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 2 x 2 mile at "Threshold" pace (2-3min recovery jog between the "threshold" running)</p>
<p><b>week 21</b></p> <p><b>30-Aug</b></p>	<ul style="list-style-type: none"> <li>- Warm-up jog (5-10 min)</li> <li>- group stretching (6:15 PM start time)</li> <li>- 2 laps of "stride the straights", "jog the turns"</li> <li>- 800M at "Threshold" pace with a 3-4min recovery jog</li> <li>- <b>1200M, 1000M, 800M at "Interval" pace</b></li> <li>- <b>4-6 x 400M at "Repetition" pace. 400M recovery jog</b></li> <li style="padding-left: 20px;"><b>(400M recovery jog between each)</b></li> <li>- Cool-down jog (5-10min)</li> </ul>	<p>during a weekend run on the roads, incorporate: 4 miles at "Threshold" pace (give yourself a good mile+ warmup and cooldown on each side)</p>