

January 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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February 2005

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March 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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14 Track Starts Meet w/Cpt. Warm up/stretch 3-5 easy wts. Phase I	15 Cpt WU/Stretch S.E. 2- 4X800 3Min I. 4- 6X400 90Si	16 WU / Stretch R 3-5 easy Wts.	17 WU-Fartlek Ladder 1,45- 2,1:45-3,2:45-4,3:45-5,4:45-- Step down Two Gear, slow on recovery	18 WU/ Stretch 6-8 x Hills (hospital) Hard up easy down Wts. Arms only	19 Designate location and time 40-60 Min Run 5-8 Miles Easy Stretch	20 Rest
21 Tiger 12 3-5 easy Wts.	22 Tiger 12 SE 2,4,6,8,12,8,6,4,2 70-80sec Boys 80- 90 sec Girls	23 T-12 3-5 easy Wts.	24 T-12 tempo 1mile warm up 2 just off race pace 1 mile cool down	25 Holiday Tempo D 4-5	26 50-70 Min Run 6-9 Miles Easy Stretch	27 Rest
28 T-12 4-6 easy Wts.	29 T-12 10-12X400 1:30 Min intervals 3or4-slow, 3or4- Med, 3or4-fast	30 T-12 Long and Slow 5-7 Miles 40-60 Min Wts.	31 T-12 8-10 Hills (Calvary) 1:30 Intervals			

April 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 T-12 4-6 easy	2 Musky Classic @ SCSU be there by 9:00a.m. 2-3 miles easy after event, or 5-7 easy if not competing	3 REST
4 T-12 8-10 X Hills (SCSU) Continuous wts.	5 T-12 10-12X600 1:40 -1:50B 2:00-2:15 G C-I	6 T-12 fartlek 10X short int 3-5 miles total telephone poles on Hwy 75	7 LSD 6-9 Miles 60-80 Min C-II	8 T-12 4-6 easy Wts	9 CLC Indoor @ SCSU be there by 9:30 AM 2-3 easy miles if not competing Temp 1-2-1 10X100 quick and lose	10 REST
11 T-12 5-7 Miles easy Wts.	12 Meet @ Apollo with Roc, Ap,Cat/if not compt-Tempo 1 3-1 C-I	13 T-12 10-12 X Hills (Hospital) 90 sec int Wts.	14 T-12 4X400@90% effort 1200,800,400-200@1mile race pace int= jog next dist. C-II	15 2-4 Mile easy Ultimate Frisbee or soccer Wts.	16 LSD 7-11 Miles 1-1,1/2Hrs. Stretch	17 REST
18 Phase II Wu T-12 Easy 4-6 miles Wts	19 Meet @Little Falls withDual if not compt-Tempo 1-3-1 C-I	20 T-12 Easy 8X100 m strides Wts.	21 WU T-12 9X 400 3@60-62 - 90sec. int 3@57-60 -90Sec int 3@faster than race pace 90Sec int. +6sec for G	22 Wu T-12 Easy 5-8 Wts/Girls are in Princeton	23 7-12 Miles 1-1,1/2 Hrs. PROM	24 REST
25 Wu T-12 Easy 4-6 miles 8x100 excel Wts	26 Meet @ Tech Tri with Alex and Sartell	27 Wu T-12 Tempo 5-8 miles 2-3-2 3 miles just off race pace.	28 Neg. Split Run 400'1st 200@30sec35sec 2nd 200@ 28sec 30g/800 1st400@65b70b 2nd400@60b65g/1600 1st800@2:30b3:10G 2nd800@2:20b 3:00g c-II	29 Wu T-12 Easy 5-8 Wts	30 9-15 Miles 1-1,1/2 Hrs.	Varsity work out for 21st, 3-4X1600 with 3-4 Min recovery Start at slightly slower than 5000 pace and come down during the session.

May 2005

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						1 REST
2 Wu T-12 Easy 5-7 Miles 8X100 Strides/ Girls are in Princeton Wts.	3 WU-Fartlek Ladder 1,45- 2,1:45-3,2:45-4,3:45-5,4:45-- Step down Two Gear, slow on recovery C-I	4 Wu T-12 Tempo 200's 10X200 Continuous relay (groups of 3)	5 Wu T-12 Record Mile 4x400 60 sec int walk C-II	JV Mega Meet@Sartell--- Varsity-Wu T-12 Easy 4-6 Miles 8X100 Excel Wts. 6	7 Varsity Mega Meet @ Sauk Rapids	8 REST
9 Wu T-12 Easy 3-5 Miles 6X100 Strides Wts.	10 True Team Varsity @ Sartell	11 Wu T-12 Tempo Continues Relay on SCSU Bridge groups of three.	12 Wu T-12 Tempo 1-1-1//1 mile warm up //1 mile at race pace//1 mile cool down. C-II	13 JV True Team @ Rocori Varsity 4- 6X1000 slightly slower than 3200 pace first 2 rep then at or faster last two with = recocoverly	14 LSD 7-12 Miles 1-1, 1/2 Hrs run	15 REST
16 Phase III// Wu T-12 3-5 Miles 5 X100 strides No Wts.	17 CLC Meet @ Wilmar	18 Wu T-12 Easy 5-7 6X100 M Excel Wts	19 Wu T-12 3x1200 Tempo//3x600 Tempo//400@75sec. 200@30Sec.	20 Wu T-12 4-6 miles 2.5 Tempo Wts.	21 LSD 6-9 Miles 50-80 Min.	22 REST
23 Wu T-12 Easy 3-5 6x100 striders light wts.	24 Speed Work 4X400 RP 4X200 RP 60 sec int; 30 sec int. No C-I	25 Wu T-12 Easy 3-4 6x50 excel light wts.	26 Sub Section @ Sartell	27 Wu T-12 Easy 4-6 Wts	28 Temp 3-5 miles 1-1-1	29 REST
30 Holiday LSD 6-9 miles	31 Wu /T-12 8X200 30 sec int Race pace 2-3 easy					

June 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 8x50's 50 Slow, 50Med, 50fast, 50walk//do it again	2 Easy 3-5 miles 6X50 Strides	3 Wu T-12 Race Pace 3 Min 5X60 excels cool down Go Home Over Night Pary	4 Section 8AA @ Sartell	5 REST
6 LSD 5-8 Miles	7 Easy 2-3 miles	8 Starts and Finishes	9 REST	10 State Meet	11 State Meet	12 State Meet
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July 2005

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August 2005

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September 2005

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October 2005

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November 2005

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December 2005

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