

# November 2010 Final Preparation for Championship Day and USATF Club Natl's Dec 11<sup>th</sup>

## Focus: Sharpening/Tapering/Mental Preparation

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
31 <b>PGUNYXC</b> <b>Upstate Race at Watkins Glen</b> 11 am Men's 6k 11:40 Women's 6k	Nov 1 60-90 min @ E	2 5:45 @ U of R 2 sets (4x 400) @ R w/200 jog btwn and 400 btwn sets. 1x Kenyan surge drills, w/1/2 recovery time 1min@I,30@E 2 min@I,60@E 3min@I,90@	3 Easy 45-60 Core Exercises	4 5:45 @ U of R. Continuous run of 10 min @ E, 20 min @ T, 5 min @ E 20 min @ T 10 min @ E	5 Easy 30-45 min or off	6 Easy 20-30 min.
7 <b>PGUNYXC</b> <b>Upstate Race at Liverpool</b> 11 am 5K – one race	8 Easy 45-Core	9 5:45 @ Uof R  20 min. @ T 1 set (600, 400, 400 @ R w/200 jog	10 Easy 45-60 min	11 5:45 @ U of R 1x 800 @ T pace, 2 x 1200 @T w/surge of 200 m.@ 800 2 min. rec	12 Easy 30-45 min or off	13 Easy 20-30 min.
14 <b>PGUNYXC</b> <b>Championship @ Center Pk, Fairport</b> 11am Men 8K 10: 50 Women's 6K	15 Easy 45 min run	16 5:45 @ Uof R 2 x 2400 @ T w/1 min. rec. immediately follow with 2 x Kenyan surge drills, w/1/2 recovery time 1min@I,30@E 2 min@I,60@E 3min@I,90@E	17 Easy 45-60 min	18 <b>U of R</b> 3 x 2 mi @ T w/2 min. rec. each progressively faster	19 Easy 30-45 min or off	20 12 mile run insert 3 miles at T pace.
21 Easy 45-60 min run	22 Easy 45 min run	23 5:45 @ U of R 2 –3 sets of 600, 400, 200 @ R with 200 m jog between each, 4 min rest between sets	24 Easy 45-60 min	25 <b>RWG Or</b> 10 min @ E 25 min @ T 5 min @ E 20 min. @ T 10 min @ E	26 30 min. @ E.	27 10 am RT Turkey Run @ Mendon Ponds Park
28 60 min @ E	29 Easy 45 min run	30 5:45 @ U of R 800 @ 6 or 10K goal pace, 3 x 1200 or 1600 m@ race pace w/surge of 300 or 400 m in middle, 2 min. rec 2 laps alternate 100stride/100 jog, 2 mi. CD.	Dec 1 Easy 45-60 min	Dec 2 20 min. @ T 10 min @ E 10 min. @ T 10 min @ E	3 <b>Off or easy run,</b>	4 <b>4 x 1200 @ goal race pace w/ 3 min. rec.</b> 1 set 15 sec. cut backs, start @ 1:30 down to 15 sec.2 mi. CD
5 Easy 45-60 min run	6 Easy 45 min run	7 1x 1200 or 1 mile @ goal race pace. 3 min. rec., 1 set 15 sec. cut backs, start @ 1:30 down to 15 sec. 2 mi. CD	8 20 min. @ E 5 x 30 sec strides/ w 1 min. rec. 15 min. @ E	9 Off or 20 min. @ E	10 <b>Travel to NC</b> Run course easy Strides	11 <b>USATF Club Nationals</b> ;Charlotte NC Women's 6K Men's 10

We've been at intense training for several months. You've done exceedingly well in all the divisions of the Upstate XC Series. Teams ran well at Mayor's Cup, National Master's 5K and several have run well at marathons or road races. Now, two more races! You're ready for the final tune up. Focus on the race you want to run at FLCC Nov. 18th and/or Club Nationals Dec 8th. Rehearse it in your head a few times what YOU WANT TO DO. Train smart. Sleep well, eat well, drink plenty . . . of water. Let's get those final goals of the fall season. Specifics workouts may change.