

GVH February-March 2010 Indoor Track

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total weekly miles goal
	1	2	3	4 4 x 200 @ R w/200 rec., 2 x 1 mile @ T, w/2 min. rec. 4 x 200 @R w/200 rec.	5	6	
7 GVH party at 12 PM Kings Bend Park Pittsford	8	9 2-3 sets (400, 200, 200) 400 @ goal 800 pace. 200's at 800 goal pace -2 sec.	10 Easy day	11 Easy running or if not racing 3 x 200 @ R w/200 rec., 2 x 1 mile @ T, w/2 min. rec. 3 x 200 @R w/200 rec.	12	13 Cornell collegiate meet	
14	15	16 8 x 400 @ R w/1 lap rec. 4-5 x 200 @ R-2 sec. Weights	17 Easy day	18 2-3 x 2 miles @ T w/ 2 min. Rec. 4 x 200 @ R	19 Off	20 Long run	
21	22	23 3 x 600, 400, 200 @R w/1-2 lap rec. Weights	24 Easy day	25 2 sets (400, 200, 200) 400 @ goal 800 pace. 200's at 800 goal pace -2 sec	26	27	
28 RIT Indoor Track Meet	March 1	2 8 x 400 @ R w/1 lap rec. 4-5 x 200 @ R-2 sec.	3 Easy day	4 4 x 1000 @ I w/same rec. 4 x 300 m @ R w/300 jog	5 Off	6 Long run	
7	8	9 2 sets (800, 400, 200) at mile race goal pace or faster w/FR	10 Easy day	11 4 x 200 @ R w/200 rec., 2 x 2000 @ T, w/2 min. rec. 4 x 200 @R w/200 rec.	12	13	
14 RIT Indoor Track Meet	15	16 3 x 800 @R each progressively faster, 4 x 200 @ 800 pace - 2 sec.	17 Easy day	18 3 x 600, 400, 200 @R w/1-2 lap rec. Weights	19 Off	20 medium distance run	

21	22	23 2 (400, 200, 200 @ 800 goal pace) or 1 set of 15 sec cutbacks starting @ 1:30 Plus 2 mii CD	24	25 Easy running	26 USATF Indoor Masters Track @ Reggie Lewis/Boston 3k run	27 one mile run 400 m run 4 x 800 m relay	
28 800 m run 200 m							