

November 2007 - Final Preparation for Nov 18th GVH Invite and USATF Club Natl's Dec 8th

Focus: Sharpening/Tapering/Mental Preparation

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Upstate Race at Vernon-Verona-Sherrill HS	5 60-90 min @ E	6 5:30 @ McQuaid 2 x 2400 @ T w/1 min. rec. immediately follow with 2-3x Kenyan surge drills, w/1/2 recovery time 1min@I,30@E 2 min@I,60@E 3min@I,90@E	7 Easy 45-60 Core Exercises	8 5:30 @ U of R. Continuous run of 10 min @ E, 20 min @ T, 5 min @ E 20 min @ T 10 min @ E	9 Easy 30-45 min or off	10 9 am. – Mendon Ponds Park 3 x 2 mi @ T w/2 min. rec. each progressively faster or Trail run 10K-20 K
11 Easy 60 min. run	12 Easy 45- Core Exercises	13 5:30 @ McQuaid 2-3 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@E	14 Easy 45-60 min	15 5:30 @ U of R 1x 800 @ T pace, 4x 1200 @T w/surge of 200 m.@ 800 2 min. rec 2 laps alternate 100stride/ 100 jog 2 mi. CD.	16 Easy 30-45 min or off	17 Easy 30-45
18 GVH Invite/Upstate Champs @ FLCC 10am Master's Men 8K 10:45 Women's 6K 11:30 Open Men's 8 K	19 Easy 45 min run	20 5:30 @ McQuaid 30 min. @ T 1 set (600, 400, 400 @ R w/200 jog btwn	21 Easy 45-60 min	22 Easy 45-60 min RWG Or 10 min @ E 25 min @ T 5 min @ E 20 min. @ T 10 min @ E	23 Easy 30-45 min or off	24 10 am GVH's RT Turkey Run @ Mendon Ponds Park
25 9 am @ Black Creek Park 4 x 1200-1600 @ goal race pace w/ 3 min. rec. 1 set 15 sec. cut backs, start @ 1:30 down to 15 sec.2 mi. CD	26 Easy 45 min run	27 5:30 @ McQuaid 800 @ 6 or 10K goal pace, 4x 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.	28 Easy 45-60 min	29 5:30 @ U of R 2-3 x 2 mi @ T w/ 2 min. rec., 1 lap alternate 100 m strides, 100 jog. 1 mi. CD	30 30 min. @ E.	1 9 am Mendon Ponds 2 x 400 @R w/200 m. rec 3 x 1200 @ Race Goal pace w/2 min. rec. 2 x 400 @R
2 Easy 45-60 min run	3 Easy 45 min run	4 5:30 @ U of R 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	5 20 min. @ E 5 x 30 sec strides/ w 1 min. rec. 15 min. @ E	6 Off or 20 min. @ E	7 Travel to Ohio Run course easy Strides	8 West Chester Ohio USATF Club Nationals Women's 6K Men's 10 K