

SUNDAY DISTANCE

1. Warm up - 600

2. Main Set

1:20 Base (Justin, Wonkee)

800 on 10:40

600 on 8

2x400 on 5:20

2x300 on 4

3x200 on 2:40

6x100 on 1:20

8x75 on 1

(optional extra :30)

4x75 on :55

65 minutes 4900 Yards

1:30 base (Brady, Art, etc)

2x600 on 9

2x400 on 6

2x300 on 4:30

3x200 on 2:55

6x100 on 1:25

8x75 on 1:00

65 Minutes 4400 Yards

1:35 Base (Nell, Steve, Jonathan, etc)

600 on 9:30

500 on 7:55

2x400 on 6:20

2x300 on 4:45

3x200 on 3:10

6x100 on 1:35

6x75 on 1:10

66 Minutes 4150 Yards

1:45 Base (Pablo, Heather, Adele, etc)

600 on 10:30

2x400 on 7

2x300 on 5:15

3x200 on 3:30

6x100 on 1:45

6x75 on 1:20

64 minutes 3650 Yards

3. Warm Down >300, some back