

Week of August 24-30

Every day: 6 sets, 20 lunges, and 10 hydrants

Monday, 8/24: Warm up. Go over 3200m course. 25-minute run.

Tuesday, 8/25: Warm up. Timed 3200m run in 2 heats. Pods 1 and 2 in first heat followed by Pods 3 and 4 in second heat. 15-minute cooldown.

Wednesday, 8/26: 55-minute recovery run.

Thursday, 8/27: Lake Street Hills. TBD.

Friday, 8/28: 2 400s at race pace. 60 seconds between. 20-minute cooldown.

Saturday, 8/29: Cross Country meet at Eden Prairie. 3200m at Round Lake Park (16691 Valley View Road, Eden Prairie). However, runners need to be dropped off at Eden Prairie High School's west entrance. This is at the intersection of Hames Way and Valley View Road. The start and finish of the course are both near this intersection.

Sunday, 8/30: 60-50-40 minute recovery run, depending on fitness level.