

Lincoln East Track & Field: Middle Distance & Distance
Week 1 Microcycle
Date: March 2 – March 7 (2009)



Middle Distance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Running 30 minutes	Easy Running 30-40 minutes	Easy Running 2-5 Miles	Easy Running 3-5 Miles	Easy Running 3-5 Miles	Easy Running 4-6 Miles	REST
Stretching Routine	Core Exercises Stretching Routine	Weights Stretching Routine	Stretching Routine	30 second goes Weights Core Exercises Stretching Routine	Builds Stretching	

Distance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Running 30 minutes	Easy Running 30-40 minutes	Easy Running 2-6 Miles	Easy Running 3-6 Miles	Easy Running 3-6 Miles	Easy Running 4-7 Miles	REST
Stretching Routine	Core Exercises Stretching Routine	Weights Stretching Routine	Stretching Routine	30 second goes Weights Core Exercises Stretching Routine	Builds Stretching	