

# Lincoln East Track & Field: Middle Distance & Distance

## Week 2 Microcycle

Date: March 9 – March 14 (2009)



### Middle Distance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 x 8 minute threshold w/ 30 second walk  1-2 mi. warmup 1-2 mi. cooldown  STRETCH  AB Circuit	3-5 miles E pace Abs & Weights  STRETCH	2 mile warmup  <i>800 M Time Trial</i>  3 x 300s (Some)  2-3 Mile cooldown  Abs/ Stretch	3-5 Miles  Abs/Stretch	2 mile warmup  <i>1600 M Time Trial</i>  2-3 mile cooldown  Weights/Stretch	4-6 Miles Easy Running  6 x 400 (some)  Stretch	REST

### Distance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 x 8 minute threshold w/ 30 second walk  1-2 mi. warmup 1-2 mi. cooldown  STRETCH  AB Circuit	4-8 miles E pace Abs & Weights  STRETCH	2 mile warmup  <i>800 M Time Trial</i>  3 x 300s (Some)  2-3 Mile cooldown  Abs/ Stretch	4-8 Miles  Abs/Stretch	2 mile warmup  <i>1600 M Time Trial</i>  2-3 mile cooldown  Weights/Stretch	5-9 Miles Easy Running  6 x 400 (some)  Stretch	REST