

Lincoln East Track & Field: Middle Distance & Distance
Week 3 Microcycle
Date: March 16 – March 21 (2009)



Middle Distance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Group A</u> 4 x 200 4 x 400 4 x 200 4 x Hills <u>Group B</u> 2 x 200 2 x 400 2 x 200 4 x Hills <u>Group C</u> 3-5 Miles Easy 4 x Hills	PICTURE DAY Easy Run PARENT MEETING IN THE EVENING IN THE CAFETERIA	<u>Group A & B</u> 4 x 1000 at Tpace w/ 1 min. recov. <u>Group C</u> 4-5 Miles @ Epace	PRE-MEET for those in Meet 3-6 Miles 4-6 Builds	NWU Indoor Invitational 4-6 Miles	4-8 Miles Easy Running Handoffs Weights	REST

Distance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Group A</u> 4 x (200+400) 6 x Hills <u>Group B</u> 3 x (200+400) 4-6 x Hills <u>Group C</u> 3-6 Miles Easy 4 x Hills	PICTURE DAY Easy Run PARENT MEETING IN THE EVENING IN THE CAFETERIA	<u>Group A & B</u> 4 x 1000 at Tpace w/ 1 min. recov. <u>Group C</u> 4-6 Miles @ Epace	PRE-MEET for those in Meet 3-6 Miles 4-6 Builds	NWU Indoor Invitational 4-6 Miles	4-8 Miles Easy Running Handoffs Weights	REST