

The following is a list of our next 4 workouts on the the Ernst Trail, the Meadville High track or the Greendale Cemetery loop. All workouts start at 5:30 pm. Arrive earlier to warm up. If there is any question about a workout cancelation due to inclement weather, please check your email a couple of hours before 5:30 pm.

This list does not include long runs that some of us do on the weekends.

Thursday March 21, 2024 - 3 mile Temp Run on the Ernst Trail, starting at 5:30 pm. The run will start and finish at the beginning of the Ernst Trail near Bean's Auto Repair. I will later be emailing information on Tempo Run including how you can estimate your Tempo Run pace.

Monday March 25, 2024 – Interval training on the **Meadville High School track**, starting at 5:30 pm. The workout will consist of 6 x 400m with a 3 minute rest and jog between the runs.

Thursday March 28, 2024 - 3 mile Temp Run on the **Ernst Trail**, starting at 5:30 pm. The run will start and finish at the beginning of the Ernst Trail near Bean's Auto Repair.

Monday, April 1, 2024– Interval training on the **Greendale Cemetery loop** starting at 5:30 pm. The workout will consist of 4 x 800m with a 4 minute rest and jog between the runs.