

# St. Olaf Athletes

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
260	39 Aqua	33 moderate	22 recovery	Olaf	26 recovery	50 long-ish	Rest	49 Hills
270	41 Aqua	34 moderate	23 recovery		26 recovery	51 long-ish	Rest	51 Hills
280	42 Aqua	36 moderate	24 recovery		27 recovery	53 long-ish	Rest	53 Hills
290	44 Aqua	38 moderate	25 recovery		28 recovery	54 long-ish	Rest	55 Hills
300	46 Aqua	39 moderate	26 recovery		29 recovery	56 long-ish	Rest	57 Hills
310	47 Aqua	41 moderate	26 recovery		30 recovery	58 long-ish	Rest	59 Hills
320	49 Aqua	42 moderate	27 recovery		30 recovery	59 long-ish	Rest	61 Hills
330	50 Aqua	44 moderate	28 recovery		31 recovery	61 long-ish	Rest	63 Hills
340	52 Aqua	46 moderate	29 recovery		32 recovery	62 long-ish	Rest	65 Hills
350	54 Aqua	47 moderate	30 recovery		33 recovery	64 long-ish	Rest	67 Hills
360	54 Aqua	48 moderate	30 recovery		34 recovery	66 long-ish	Rest	68 Hills
370	56 Aqua	50 moderate	31 recovery		34 recovery	67 long-ish	Rest	70 Hills
380	58 Aqua	51 moderate	32 recovery		35 recovery	69 long-ish	Rest	72 Hills
390	59 Aqua	53 moderate	33 recovery		36 recovery	70 long-ish	Rest	74 Hills
400	61 Aqua	54 moderate	34 recovery		37 recovery	72 long-ish	Rest	76 Hills

## Tuesday

Meet at Long Lake at 3:30 pm. Will drive to MV for partial weights afterward. Will do at least one set at full weight of every lift (from summer) as we don't want to lose what we've gained all summer.. If feeling fine, can do full weights routine.

## Thursday

Long-ish cooldown, but no doubles today (that means no doubles for the week!)

## Friday

Easy recovery, no weights or accels

## Saturday

Long-ish run. Do it at a comfortable pace as we want you to be rested and ready for 3 hard weeks of training to come

## Monday

AM double, PM 4:00 pm Labor Day hill workout at Snail Lake.

### Rosemount Athletes

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
260	39 Aqua	22 recovery	33 moderate	26 recovery	Rosemount	50 long	Rest	49 Hills
270	41 Aqua	23 recovery	34 moderate	26 recovery		51 long	Rest	51 Hills
280	42 Aqua	24 recovery	36 moderate	27 recovery		53 long	Rest	53 Hills
290	44 Aqua	25 recovery	38 moderate	28 recovery		54 long	Rest	55 Hills
300	46 Aqua	26 recovery	39 moderate	29 recovery		56 long	Rest	57 Hills
310	47 Aqua	26 recovery	41 moderate	30 recovery		58 long	Rest	59 Hills
320	49 Aqua	27 recovery	42 moderate	30 recovery		59 long	Rest	61 Hills
330	50 Aqua	28 recovery	44 moderate	31 recovery		61 long	Rest	63 Hills
340	52 Aqua	29 recovery	46 moderate	32 recovery		62 long	Rest	65 Hills
350	54 Aqua	30 recovery	47 moderate	33 recovery		64 long	Rest	67 Hills
360	54 Aqua	30 recovery	48 moderate	34 recovery		66 long	Rest	68 Hills
370	56 Aqua	31 recovery	50 moderate	34 recovery		67 long	Rest	70 Hills
380	58 Aqua	32 recovery	51 moderate	35 recovery		69 long	Rest	72 Hills
390	59 Aqua	33 recovery	53 moderate	36 recovery		70 long	Rest	74 Hills
400	61 Aqua	34 recovery	54 moderate	37 recovery		72 long	Rest	76 Hills

#### Tuesday

Meet at Long Lake at 3:30 pm.

#### Wednesday

Run by feel. If you feel good, can go more towards MER pace. If feeling a little tired from the last 2 weeks, just chill and put in easy miles. Weights afterward, at least one set of all lifts. If feeling good, can do usual weight routine in-full.

#### Thursday

Recovery (not a true DBR) because not 21 minutes

#### Friday

Rosemount Irish.

#### Saturday

Long-ish run. Do it at a comfortable pace and feel free to go shorter than the time listed if you are feeling tired from Rosemount. It's more important to be feeling good for the next 3 weeks than it is to nail this run.

#### Sunday

Enjoy a full day off

#### Monday

AM double, PM 4:00 pm Labor Day hill workout at Snail Lake.