

For athletes that raced at East Ridge last week:

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
230	56 long	29 recovery	43 VO2	24 moderate	30 recovery	Race	Rest / XT
240	58 long	30 recovery	45 VO2	26 moderate	31 recovery		Rest / XT
250	60 long	31 recovery	47 VO2	28 moderate	32 recovery		Rest / XT
260	62 long	32 recovery	49 VO2	30 moderate	33 recovery		Rest / XT
270	64 long	33 recovery	51 VO2	32 moderate	34 recovery		Rest / XT
280	66 long	34 recovery	53 VO2	34 moderate	35 recovery		Rest / XT
290	68 long	35 recovery	55 VO2	36 moderate	36 recovery		Rest / XT
300	70 long	36 recovery	57 VO2	38 moderate	37 recovery		Rest / XT
310	72 long	37 recovery	59 VO2	40 moderate	38 recovery		Rest / XT
320	74 long	38 recovery	61 VO2	42 moderate	39 recovery		Rest / XT
330	76 long	39 recovery	63 VO2	44 moderate	40 recovery		Rest / XT
340	78 long	40 recovery	65 VO2	46 moderate	41 recovery		Rest / XT
350	80 long	41 recovery	67 VO2	48 moderate	42 recovery		Rest / XT
360	82 long	42 recovery	68 VO2	50 moderate	43 recovery		Rest / XT
370	84 long	43 recovery	70 VO2	52 moderate	44 recovery		Rest / XT
380	86 long	44 recovery	72 VO2	54 moderate	45 recovery		Rest / XT
390	88 long	45 recovery	74 VO2	56 moderate	46 recovery		Rest / XT
400	90 long	46 recovery	76 VO2	58 moderate	47 recovery		Rest / XT

Monday

Practice @ Long Lake at 3:45 pm for 4-6 x 800m at VO2. Long run.

Tuesday

Lake Vadnais parking lot (County Rd F E, Vadnais Heights, MN 55127) @ 3:45 pm. Recovery day. Keep it slowly.

Wednesday

4:00pm @ Long Lake for a VO2 workout. 4-5 x 800 @ VO2 pace at Long Lake.

Thursday

3:45 pm @ West Rec. Slightly reduced moderate run with 2-3 accels afterward.

Friday

DBR

Saturday

Meet at Como vs Irondale and Woodbury. Time is TBD, but plan around 10:00 am for race start. This will be a 5k. There is no bus to the meet.