**Brockway Race preview and strategy for Tuesday**

**Here are results from Saturday’s meet:**

**Punxsy Brockway**

17:44 18:53

17:52 19:03

18:27 19:58

19:21 23:08

19:33 23:25

19:56 25:15

20:53 25:57

21:17 26:33

22:02 26:58

22:12 27:56

22:55 28:46

Based on these results, we would win 19-41.

For Tuesday, here is what I am recommending:

2 miles at 10k pace, then 1.1 miles however you see fit-either continue at 10 k pace or race pace effort.

**Name 1 mile 10k pace 2 mile 10k pace Finish time 10 k pace**

Ethan B 5:56 11:52 18:26

Owen 5:57 11:54 18:29

Jake 6:11 12:22 19:13

Ethan M 6:20 12:40 19:41

Alex 6:22 12:44 19:47

Corbin 6:33 13:06 20:21

Liam 6:34 13:08 20:24

Evan 6:41 13:22 20:46

Kevin 7:00 14:00 21:46

Jacob 7:20 14:40 22:48

Sam 7:20 14:40 22:48

Luke 7:41 15:22 23:53

Copeland 10:09 20:18 31:35

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All these times are based on your current 5k seasonal best.

As you can see, your time at 10k pace is about 45 seconds slower than your current 5k best. You will have to work hard to maintain this pace, but it is more of a controlled effort. Racing at 10k pace is a bit faster than threshold pace, so it will be ok if you fall off a bit. Threshold pace is about 10 seconds slower per mile, so basically you have a range of 30 seconds for your 5k to have a successful effort. In other words, a successful 2 mile time for Owen would be a 2 mile time between 11:52-12:12.

If you want to race the final 1. 1, that’s ok, but for most of you just maintaining the 10 k pace will be challenging enough. See how you feel and we’ll leave it up to you. However, I do expect everyone to focus on hitting the 2 mile time for your 10k pace.

I will try to get splits at the mile and 2 mile and give a pair of Nike armbands to the runner who is closest to the time listed above for 2 miles at 10k pace.

We will do the 200 meter workout after the race, same as at Kane.

Remember to wear your warm-up top or school-issued jacket/pants. I realize there are no school-issued longer shorts, so if you wear shorts over your racing shorts try to wear black or red. Do not wear your own warm-up jackets or pants to meets. I have made this request more than once and would appreciate it being followed by everyone.

If you are having any injury issues, make me aware of them as soon as you can. I will recommend you see Mr. Albright for an evaluation. Do the preventative items on your own as best you can, but injuries can still occur despite your best efforts.

Make sure you adjust your Saturday schedule if needed to be able to attend Saturday practice. You were given sufficient notice.