**Punxsy XC Workout for Saturday, October 14th**

10 min warm-up jog

2x30 sec strides/60 jog

1x400 @ threshold pace (in parenthesis)

Jog 2 min

1x1000 at Interval pace, 2 min jog

3x1000 at threshold pace, 90 sec jog

1x1000 at Interval pace, 3 minute jog

Finish up with the 400’s at Interval pace (in parenthesis)

Jog 10-15 minutes to get in total time of 55 for everyone.

Interval pace is very close to current race pace or slightly faster, which is probably what will happen in the race as you go out a bit harder at the start because of adrenaline, excitement, position, etc.

Threshold pace is the sustained, comfortably hard pace that you will need to achieve during the middle portion of the race. Hard but sustainable.

**Name 5k sb Interval pace Threshold pace Additional**

Owen 17:32 3:28 (83) 3:48 (90) 3x400

Ethan B. 17:42 3:31 (84) 3:50 (90) 3x400

Jake 18:25 3:41 (88) 4:00 (95) 3x400

Ethan M. 18:54 3:44 (90) 4:04 (97) 3x400

Alex 18:59 3:48 (91) 4:07 (98) 3x400

Liam 19:02 3:48 (91) 4:07 (98) 3x400

Corbin 19:23 3:51 (92) 4:11 (1:40) 2x400

Kevin 19:50 3:55 (93) 4:15 (1:42) 2x400

Evan 19:56 3:55 (93) 4:15 (1:42) 2x400

Jacob 21:52 4:21 (1:44) 4:43 (1:53) 1x400

Sam 21:52 4:21 (1:44) 4:43 (1:53) 1x400

Luke 22:55 4:31 (1:48) 4:54 (1:57) None

Copeland 30:16 5:55 (2:22) 6:24 (2:33) None (4-1000’s)

We are shooting for about 25 minutes of quality running total, so most of you will finish with some 400’s at Interval pace.

I will have this sheet available tomorrow and recommend you write the times on your hand.

You will need a watch to time yourself and I want to know your splits. All of you should have your own watch and be capable of timing yourself.

You should run at the paces listed, not any faster or slower if possible. This workout is sufficiently challenging as listed. Faster is not always better, and can sometimes be counterproductive. Consistent, quality training is the key to success.

I will have the segments measured and marked, but basically you will run on the dike and then through the ballfields to the bike trail and heading toward the Sewage treatment plant before returning the same way. I will measure the first 2 kilometers and ½ of the next one before you turn and run back the way you came.

You are in charge of your splits and your recovery interval. Try to keep the rest under 2 minutes for everything, closer to 90 seconds if possible for the threshold reps. You will be working hard but with the flat terrain you should be able to accomplish these times.

We will do a similar workout at Ridgway next Saturday on the course.