**Workout For Saturday, 10/22**

I adjusted the workout a bit because we are not going to be on the actual course, so here is what I would like to do for tomorrow

Basically alternating 1k interval pace (pretty close to race pace) with 1 k threshold pace (about 20 seconds per kilo slower) for a total of approximately 24 minutes. If we would have been on the actual course there would have been no rest between the reps, but now there will be **2 minutes recovery jogging after the intervals and 1 minute after the threshold reps.**

I have the kilometers marked off, starting at the new VFW house down at the ballfields, basically. So we will meet there at 9:00 am.

The kilometers are marked, and we will do the loop that goes from the ballfields onto the bike trail and toward the sewage plant, over the bridge, sharp right onto the road that heads under Margiotti Bridge, taking the alley past Community Action to come out across from the West End Fire Dept, going right on the sidewalk to past West End Tire, then right again to head toward the dike basically where we started the workout last Saturday. Run all the dike to Patsy’s Park, cross over the bridge and head back down to the ballfields. There should be no traffic issues at all on this route.

The paces are the same as last week, but I will have them for you tomorrow. It is your job to be able to time your own 1000’s and your rest interval as well. Unlike Thursday when we were all running the same amount of time, Saturday will not work out that way and everyone will get too spread out for me to time. My recommendation is for you to only time the intervals/threshold reps and just get close to the 2:00 min/1 minute recovery. I added up your intervals/threshold reps and have a total time for the whole 5k that I would like to see if you hit, so ideally only start/stop your watch for the repeats and not for the recoveries. I hope that makes sense. I will give you your cumulative times for each kilo tomorrow and you can write it down so you know where you should be after each one.

Some of you will do another kilometer at threshold pace at the end to get in the approximately 24 minutes of qualify running we are aiming for, depending on how long the 5x1000 takes you.

Basically the only other significant quality we will do is on Tuesday, and our minutes will be reduced by 15-20% this week as well. I think this reduced volume will give your body a chance to be fully rested for the 29th.

Wear your regular training shoes for tomorrow. Tuesday in Ridgway you will want spikes.

We should be done by 11:00 am no problem. I want to schedule 2 hours so we are not rushed. Dress for the weather-looks to be rather cool at 9 am. Hopefully minimal rain, but the course will be soaked, especially on the dike.

Here are the cumulative times for each segment based on your pace-these are what you want to hit. **Don’t clear your watch each segment, just start and stop it so you have a total time for 5k at the end.**

1k Int 1k thresh 1k int 1k thresh 1k int Final time

Owen (3:28/3:45) 3:28 7:13 10:41 14:26 17:54

Ethan B.(3:31/3:50 3:31 7:21 10:52 14:42 18:13

Jake (3:41/4:00) 3:41 7:41 11:22 15:22 19:03

Ethan M.(3:44/4:04) 3:44 7:48 11:32 15:36 19:20

Alex (3:48/4:07) 3:48 7:55 11:43 15:50 19:38

Liam (3:48/4:07) 3:48 7:55 11:43 15:50 19:38

Corbin(3:51/4:11) 3:51 8:02 11:53 16:04 19:55

Kevin (3:55/4:15) 3:55 8:10 12:05 16:20 20:15

Evan (3:55/4:15) 3:55 8:10 12:05 16:20 20:15

Jacob (4:21/4:43) 4:21 9:04 13:25 18:08 22:29

Sam (4:21/4:43) 4:21 9:04 13:25 18:08 22:29

Luke (4:31/4:54) 4:31 9:25 13:56 18:50 23:21

Copeland(5:55/6:24) 5:55 12:19 18:14 24:38 --------

As mentioned, some of will be running one more kilo at threshold pace, but the total time I am interested in is through 5k. Please be prepared to provide me with your final 5k time. I can loan up to 2 watches if necessary.

Your rest should only take 6 minutes total at most. If I start one of my watches at the beginning of the workout, you should be done within 6 minutes of that final 5k time. **For example, if the 5k takes 20 minutes, your total time for the entire distance should be 26 minutes at the most.**

**Even better donuts are yours upon completion!!!**

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