

Date	Orange	Blue	Fresh
Mon 8/15	6AM- Tempo- 4 Miles	6 AM-Tempo- 4 Miles	6 AM-Tempo-3 Miles Total Miles- 5
Tues 8/16	6 AM- 72 Minute Spin OYO PM- Recovery Run	6 AM- 72 Minute Spin	6 AM- 48 Minute Spin
Wed 8/17	6 AM-Recovery Run	6 AM-Recovery Run	6 AM-Recovery Run then 24 Minute Bike
Thur 8/18	6 AM - 80 Min Pool Uniform Checkout OYO PM- Recovery Run with 6 Fast Strides	6 AM - 80 Min Pool Uniform Checkout	6 AM - 56 Min Pool Uniform Checkout
Fri 8/19	<u>3 PM Recovery Run and Picture Day</u>	<u>3 PM Recovery Run and Picture Day</u>	<u>3 PM Recovery Run and Picture Day</u>
Sat 8/20	8AM- 8 800s @VO2 Max Pace Rest =Effort 10AM- Parent Meeting 10:45AM- Team BBQ at the Mall of the HS. Bring a dish to share, Coaches will provide the meat.	8AM- 6-8 800s @VO2 Max Pace Rest= Effort 10AM- Parent Meeting 10:45AM- Team BBQ at the Mall of the HS. Bring a dish to share, Coaches will provide the meat.	8AM- 400-400-800 3 Sets Rest = Effort, 5 Min between sets 9AM- Freshman Parent Meeting 10AM- Parent Meeting 10:45AM- Team BBQ at the Mall of the HS. Bring a dish to share, Coaches will provide the meat. Total Miles-5
Sun 8/21	OYO- Recovery Run	OYO- Recovery Run	OYO- Recovery Run

Go to OPRFXC.com and create an account.
Start logging your miles

Starting Tuesday practice will be at 3:25

Date	Orange	Blue	Fresh
Mon 8/22	3PM 8x400@ 5 Sec faster than Present Day 1600 Pace Rest is 3 Min	3PM 8x400@ 5 Sec faster than Present Day 1600 Pace Rest is 3 Min	3PM 6x400@ 5 Sec faster than Present Day 1600 Pace Rest is 3 Min (4 Mile Total)
Tues 8/23	80 Min Bike	Recovery Run	Recovery Run +24 Min Bike
Wed 8/24	5 Mile Tempo	4 Mile Tempo	3 Mile Tempo (5 Mile Total)
Thur 8/25	2 Mile Warm up 4 Strides 12x30 Meters All Out Jog around the School (Rec) 2 Mile Cool Down	80 Min Bike Workout	2 Mile Warm up 4 Strides 6x30 Meters All Out Jog around the School (Rec) 1 Mile Cool Down (4.5 Mile Total)
Fri 8/26	Recovery Run	Recovery Run	56 Min Recovery Bike
Sat 8/27	8AM- 11AM Car Wash 8x Hills by Taylor during the car wash	8AM- 11AM Car Wash 8x Hills by Taylor during the car wash	8AM- 11AM Car Wash 4x Hills by Taylor during the car wash
Sun 8/28	Long Run	Long Run	Long Run
Mon 8/29	6x1000@VO2Max Pace Rest = Effort	8x400@VO2Max Pace Rest = Effort	Recovery Run +24 Min Bike
Tues 8/30	Meet at DGN with HC	Meet at DGN with HC	Meet at DGN with HC