

Day	Monday	Tuesday	Wednesday	Thursday	Friday
When	On Own	7-8:30AM	7:00-7:45	7-8:30AM	7-8:30AM (Breakfast till 9:30)
Where	On Own (Preferably City Park)	Back Loop of Course (Park in grove past entrance)	High School	High School	Al's Place (In the Bottoms)
What	Easy Run at Level, 5 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	10 min WU, Inverted Fartlek at Level, LBC, CoreX, MDC, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level, 4 x BS, ABCDFGHI	Neuro Day, ABCDEFGHIMV	Long Run at Level w/ 5x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
	Easy Run at Assigned Level, 6 x H, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKUVW	15 min WU, Inverted Fartlek at Level, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra	Easy Run at Assigned Level, 5 x BS, ABCDFGHI	Neuro Day, ABCDEFGHIJKMTV	Long Run at Level w/ 5x30s strides, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra
	Easy Run at Assigned Level, 6 x H, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKUVW	15 min WU, Inverted Fartlek at Level, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra	Easy Run at Assigned Level, 6 x BS, ABCDFGHI	Neuro Day, ABCDEFGHIJKMOPTVY	Long Run at Level w/ 5x30s strides, LBC Ultra, CoreX, MDC, ABCDFGHILNQRSZ, Barefoot Ultra
Notes	<p>At this point you should have a feel for your easy pace, so feel free to run wherever your heart desires.</p> <p>Follow the previous guidelines with hill sprints of 2 weeks +1 followed by a week of -1.</p> <p>Green: Those who completed the previous week could move up a level. You should stick with the same post-run work.</p> <p>Blue and Gold: If you've leveled up two weeks in a row, make sure you drop down a level. Otherwise, you may move up a level from last week.</p> <p>Both groups have the extended work that Gold did last week.</p>	<p>After the dynamic warmup, run a warmup at easy pace for the assigned duration.</p> <p>Those that have done both a Fartlek and Aerobic Repeats may do an Inverted Fartlek. Otherwise you should do those first in that order.</p> <p>For an inverted fartlek the segments switch, with 3 minutes at race pace and 2 minutes steady.</p> <p>A watch is going to be helpful for this.</p> <p>Green will do the same post-run work as the last two weeks.</p> <p>Blue and Gold will do the same work as last week.</p>	<p>The moment you've all been waiting for. Bring on the Color War!</p> <p>I would recommend wearing clothes (including shoes) you don't mind getting painted and/or ruined. PLEASE do not wear your running shoes for this.</p> <p>I would bring a towel and a change of clothes.</p> <p>You'll also want goggles to protect your eyes. And unless you want red/green hair, a shower cap from the dollar store might be a good idea.</p> <p>As usual, feel free to stick around afterwards for a recovery run and barefoot strides.</p>	<p>We'll do another Neuro Day this week. It will have a similar structure as last time, but we might switch out a few of the exercises.</p> <p>Those at level 5 or higher could do an easy run afterwards that's 10 minutes shorter than the duration for their level.</p>	<p>This week we're going to do something different with our long run. I'm calling it the Big Levee Long Run.</p> <p>We'll be running from Al's Place south along the levee (Pcr 934). It's really flat and gravel, so it should be an opportunity for some of you to set a distance PB.</p> <p>Green: 5 x 25s strides during the latter part</p> <p>Blue and Gold: 5 x 30s strides in the last 20 minutes or so.</p> <p>Same post-run work as on Tuesday.</p> <p>Team breakfast afterward at Al's Place. They are cash only, so make sure you bring some cash.</p>