

Day	Monday	Tuesday	Wednesday	Thursday	Friday
When	On Own	7-8:45 AM	7:00-7:45	On Own	7-8:45 AM (Picnic until 9:30)
Where	On Own (Preferably City Park)	Back Loop of Course (Park in grove past entrance)	High School	On Own	City Park (Pavilion in front of Park Center)
What	Easy Run at Assigned Level, 6 x H, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKUVW	10 min WU, Progression Run at Level, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra	Easy Run at Assigned Level, 5 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKMTV	Scavenger Hunt ABCDFGHILNQZ, Barefoot Ultra
	Easy Run at Assigned Level, 7 x H, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKPUVWXY	15 min WU, Progression Run at Level, LBC+, CoreX, MDC, ABCDFGHILNQRSZ, Barefoot Ultra	Easy Run at Assigned Level, 6 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKMOPTVY	Scavenger Hunt, ABCDFGHILNQRSZ, Barefoot Ultra
	Easy Run at Assigned Level, 8 x H, Lunge Matrix, MDC, Plank Matrix Ultra, ABCDEFGHIJKPUVWXY	15 min WU, Progression Run at Level, LBC Ultra, CoreX, MDC, ABCDFGHILNQRSZ, Barefoot Ultra	Easy Run at Assigned Level, 6 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix Ultra, ABCDEFGHIJKMOPTVY	Scavenger Hunt, 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>If you've leveled up two weeks in a row, you should level down this week. Follow similar guidelines with hill sprints of 2 weeks +1 followed by a week of -1.</p> <p>Green and Blue Will have the same post-run work as last week.</p> <p>Gold: If you've done the same post-run work the last two weeks, you can advance to this work. Otherwise you should stay with the same work.</p>	<p>After the dynamic warmup, run a warmup at easy pace for the assigned duration.</p> <p>We'll do a progression run similar to two weeks ago. For most runners at a higher level than then, that should mean a slightly longer run.</p> <p>A watch is going to be helpful for this.</p> <p>Post-run work follows a similar plan as Monday for all groups.</p>	<p>Infection! Not quite as crazy as a color war, but still plenty of fun and prizes.</p> <p>As usual, feel free to stick around afterwards for a recovery run and barefoot strides.</p>	<p>This could be a trail run or just an easy run elsewhere.</p> <p>Afterwards follow the progression of strides, but do the same letter as the last time you completed them. Don't advance.</p> <p>Similar plan to the post-run work as the rest of the week.</p>	<p>Our long run this week will take the form of a photo scavenger hunt. Like last year, runners will be divided into teams and have an hour to find as many items as possible.</p> <p>After some lighter post-run work, we'll have a team picnic in the pavilion.</p>