

2011 – 2012 GLRR Indoor track Schedule

At Lexington high School

The 1st ten weeks are focused on speed

November Dates

10 – Thursday 10 x 400 (rest is half of each interval for all workouts)

17- Thursday 3 x 400, 400, 800

December Dates

1 – Thursday 16 x 200

8 – Thursday 8 x 600

15 – Thursday 3 x 600, 400, 400, 200

22 – Thursday 10 x 400

January Dates

5 – Thursday 3 x 400, 400, 800

~~12 – Thursday 6 x 800~~ Field House is closed

19 – Thursday 10 x 400

26 – Thursday 800, 1200, 1200, 800, 400, 400

The 2nd ten weeks are focus on endurance for the spring marathons

February Dates

2 – Thursday 6 x 1000

9 – Thursday 5 x 1200

16 – Thursday 6 x 800

March Dates

1 – Thursday 4 x mile

8 – Thursday 800, 1200, mile, 1200, 800, 400, 400

15 – Thursday 8 x 1000

22 – Thursday 800, 800, mile, 800, 800

29 – Thursday 5 x 1200

April Dates

5 – Thursday 4 x mile

12 – Thursday 6 x 800