

Local Race Opportunities on calendar so far

Mile	Dec 19 (open), Jan 25 (TQ), Feb 15 (likely), Mar 6 (open), Mar 30 (open)
400	Jan 9 (in relay), Jan 24 (TQ), Feb 17 (open), Mar 30 (open)
800	Jan 23 (open), Jan 24 (TQ), Feb 15 (likely), Mar 30 (open)
600, 1000	Jan 9 (open)
3000	Jan 9 (open), Jan 24 (TQ), Feb 15 (likely), Feb 17 (open)
5000	Jan 23 (open), Feb 15 (likely)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 2	December 3	December 4	December 5	December 6	December 7	December 8
Concept				Mixed workout			
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run 2 x 1600 @LT (200 jog btw), then jog 800, then 6x150 accelerations (walk back rest). Cool down for at least 1 mile.			
Cross-training							
	December 9	December 10	December 11	December 12	December 13	December 14	December 15
Concept				Race specific tune-up			
Mileage				7			
Description				Warm up for 3 miles, at least 1 on the track. Run 800 at mile pace, rest for 6 minutes, then run 8x100 sprints with slow walking rest. Cool down for at least 1 mile.			
Cross-training							
	December 16	December 17	December 18	December 19	December 20	December 21	December 22
Concept				Night at the Races #1 200/mile/5x5x200 https://www.simplyregister.net/register/?e=126748			
Mileage				7			
Description				Warm up for 3 miles, at least 1 on the track. If not racing, run 3x(200,200,400) at mile pace with equal rest. Cool down for at least 1 mile.			
Cross-training							
	December 23	December 24	December 25	December 26	December 27	December 28	December 29
Concept				Specific speed training			
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run two sets of 500-400-300-200 at 1000-800-600-400 paces with double distance jogging rest (e.g., start with 500 at 1000 pace and then do 1000 jog rest). Jog a mile between sets. Cool down for at least 1 mile.			
Cross-training							
	December 30	December 31	January 1	January 2	January 3	January 4	January 5
Concept				Race specific tune-up			
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Start with 400 all out, then rest for 6 minutes. If targeting the 600 or 1000, then run 4x300 @ 800 pace with a 4-5 minute rest after each. If targeting the 3000, then run 4x800 @ 3000 pace (400 jog). Cool down for at least 2 miles.			
Cross-training							
	January 6	January 7	January 8	January 9	January 10	January 11	January 12
Concept				Night at the Races #2 60/600/1000/3000/4x400 https://www.simplyregister.net/register/?e=126755			
Mileage				7			
Description				Warm up for 3 miles, at least 1 on the track. If not racing, run 4x200 at mile pace with equal jog rest. Run 800 easy. Run 2x400 at mile pace with 800 jog rest. Cool down for at least 2 miles.			
Cross-training							
	January 13	January 14	January 15	January 16	January 17	January 18	January 19
Concept				Race specific tune-up			
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. If targeting the 800 or shorter, run 2x200 (3 min rest), 2x500 (5 min rest) @ 800 pace. If targeting the 5000 or anything over 800, run 5x1000 @ 5k pace (400 jog rest). Cool down for at least 2 miles.			
Cross-training							
	January 20	January 21	January 22	January 23	January 24	January 25	January 26

Concept				Night at the Races #3 800/5000/4x200 https://www.simplyregister.net/register/?e=126770	Dr. Sander Scorcher 60/200/400/800/mile/3000 Qualifying marks required (speculative allowed) https://www.athletic.net/TrackAndField/meet/568405		
Mileage				7			
Description				Warm up for 3 miles, at least 1 on the track. If not racing, un 4x200 at mile pace with equal rest. Run 800 easy. Run 2x400 at mile pace with equal rest. Cool down for at least 2 miles.			
Cross-training							
	January 27	January 28	January 29	January 30	January 31	February 1	February 2
Concept				Specific speed training			Manhattan 10k
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run 3 x 800 @ 5k pace (400 jog), then run 4x200 @ 800 pace (3-4 min standing/walking rest). If racing Millrose, see coaches for specific workout, ideally including handoff practice. Cool down for at least 2 miles.			
Cross-training							
	February 3	February 4	February 5	February 6	February 7	February 8	February 9
Concept				Specific speed training		Millrose Games DMR (invitation only)	
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run 3x800 at mile pace with 5-8 min rest. If racing Millrose, see coaches for specific workout, ideally including handoff practice. Cool down for at least 1 mile.			
Cross-training							
	February 10	February 11	February 12	February 13	February 14	February 15	February 16
Concept				Race specific tune-up		Trials of Mile at the Armory details tbd Last year was 800/mile/3000/5000	
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run 8x400 at mile pace with a walking 400 rest. If racing Saturday, do only 3 reps. If racing Monday, do 4. Cool down for at least 1 mile, 2 miles if racing.			
Cross-training							
	February 17	February 18	February 19	February 20	February 21	February 22	February 23
Concept	Night at the Races #4 60/400/3000/5x3x200 https://www.simplyregister.net/register/?e=126771			Specific speed training			
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run 5x600 at mile pace with a 6 min rest. Cool down for at least 1 mile.			
Cross-training							
	February 24	February 25	February 26	February 27	February 28	March 1	March 2
Concept				Race specific tune-up			
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run 4x200 at mile pace with a walking 400 rest. If targeting the mile, run 4x500 @ mile pace with 5 min rest. If not targeting the mile, run 4x800 @ 5k pace with 400 jog rest. Cool down for at least 1 mile.			
Cross-training							
	March 3	March 4	March 5	March 6	March 7	March 8	March 9
Concept				Night at the Races #5 Mile/10x5x200 https://www.simplyregister.net/register/?e=126789			
Mileage							
Description				Warm up for 3 miles, at least 1 on the track. If not racing,run 4x800 @ 3000 pace with 400 jog rest. Run 800 easy. Run 4x100 accelerations with walking rest. Cool down for at least 2 miles.			
Cross-training							
	March 10	March 11	March 12	March 13	March 14	March 15	March 16
Concept				Specific speed training			NYC Half
Mileage				6			
Description				Warm up for 3 miles, at least 1 on the track. Run 6x300 at 800 pace with a 5 min rest. Cool down for at least 2 miles.			
Cross-training							
	March 17	March 18	March 19	March 20	March 21	March 22	March 23

Concept				Specific speed training		Trials of Miles Project 13.1	
Mileage					6		
Description				Warm up for 3 miles, at least 1 on the track. Run 3x800 at mile pace with a slow 400 rest. Cool down for at least 1 mile.			
Cross-training							
	March 24	March 25	March 26	March 27	March 28	March 29	March 30
Concept				Race specific tune-up			FRNY Meet 60/200/400/800/Mile reg pending
Mileage					6		
Description				Warm up for 3 miles, at least 1 on the track. If targeting the mile, run 4x600 @ mile pace with 6 min rest. If not targeting the mile, run 8x100 sprints with slow walking rest. Cool down for at least 2 miles.			
Cross-training							