

2009 SUB 5 SUMMER TRACK WORKOUT SCHEDULE

<u>DATE</u>	<u>WORKOUT</u>
June 4	400m Economy Reps
June 11	1200m Cruise Intervals with 1 min Recovery
June 18	800m VO ₂ Max Intervals
June 24	1000m Cruise Intervals/200m Economy Reps
July 1	400m Efficiency Reps
July 8	VO ₂ Max Interval Pyramid (400, 600, 800, 800, 600, 400)
July 15	1600m Cruise Intervals with 1 min Recovery
July 22	800m VO ₂ Max Intervals
July 29	Sets of 3 min hard / 2 min easy + 4 x 200m Reps
August 5	400m Efficiency Reps
August 12	1200m Cruise Intervals with 2 min Recovery
August 19	200m Efficiency Reps

ABOUT THE TRACK WORKOUTS

The Sub 5 Track Club is sponsoring summer track workouts every Wednesday night at Cameron Stadium in Bangor. The workout schedule has been planned to accommodate runners who are racing at the 5K to half-marathon distance. Runners of all abilities and ages are encouraged to come join in the fun! We welcome beginners as well as seasoned veterans. The workouts start with a group jog and dynamic warm-up drills at 6:00 PM. Workout times are posted for each runner according to their current level of fitness. If you are not ready for a track workout, come do the warm-up jog with us!