

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 CORE – Rocky Road Loop, up Beattie, back on Davis, plus 3x200 on track, 3-man relay (7)	2 2 mile WU, 8x400 @ 800-1600 pace, 3 minutes rest, 2 mile CD, stretch (6)	3 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD (3)	4 RACE #6: 7 vs. 7 (7 miles)	5 CORE – 6 miles recovery on Waterline; 5xWicket drills	6 Ridge Trail – up-tempo on rolling sections (8)	7 Rest Day <i>Vets: 37 miles</i> <i>New: 30 miles</i> <i>(adjust if needed)</i>
8 CORE – 2 mile WU, Robinson Park segments 1-2-3, 1-2-3, 2-1, 2 mile CD (6)	9 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD (3)	10 RACE # 7: Crosstown (7 miles)	11 6 miles recovery on rails to trails, 1x800 at YMCA (Varsity only from here through state)	12 CORE – 6 miles easy Davis, Fuchs, TR, Waterline, start at corner of State and Davis; 5xWicket drills	13 1600, 1200, 800 at goal 5K pace, 400 fast, 2 miles WU and CD (6.5)	14 Rest Day <i>Vets: 34 miles</i> <i>New: 28 miles</i> <i>(adjust if needed)</i>
15 CORE – 4 miles easy; Ambrose loop on Mt Helena	16 2 mile WU, strides, 4x45 seconds at Centennial at near max effort on grass, full recovery 5-6 minutes, 1 mile CD	17 5 miles easy at Runner’s Choice; 5xWicket drill on the track (before run)	18 Oregon Drill 20 minutes, 1 mile WU, 1 mile CD <i>MUST RUN THIS WITH PROPER INTENSITY</i>	19 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD (3)	20 RACE # 8: State (7)	21 Rest Day <i>Vets: 28 miles</i> <i>(adjust if needed)</i>
22 NXR/JO Runners continue training TBA	23	24	25	26	27	28 Rest Day <i>Vets: XX</i>
29	30	31				Rest Day <i>Vets: XX</i>