

**SLIPSTREAM TRACK & FIELD CLUB
CROSS-COUNTRY PRACTICE SCHEDULE**

25-Oct	Monday	Introduction	CLUB PRACTICE
26-Oct	Tuesday	Tempo Reps	1-1-2-2-3-3-2-2-1-1 minutes
27-Oct	Wednesday	Run	20 minute run
28-Oct	Thursday	Intervals	CLUB PRACTICE
29-Oct	Friday	Interrupted Run	15-10-5
30-Oct	Saturday	Tempo Reps	1-1-2-2-3-3-4-4-3-2-1
31-Oct	Sunday	Rest	
1-Nov	Monday	Intervals (Pacing)	CLUB PRACTICE
2-Nov	Tuesday	Interrupted Run	20-10-5
3-Nov	Wednesday	Run	30 minute run
4-Nov	Thursday	Intervals	CLUB PRACTICE
5-Nov	Friday	Tempo Reps	1-1-3-3-4-5-4-3-2-1
6-Nov	Saturday	Rest	
7-Nov	Sunday	Run	30 minutes
8-Nov	Monday	Intervals	CLUB PRACTICE 5 x 600 meters
9-Nov	Tuesday	Tempo Reps	1-2-3-4-5-4-3-2-1 minutes
10-Nov	Wednesday	Run	30 minutes run
11-Nov	Thursday	Intervals	CLUB PRACTICE 8 x 200 meters
12-Nov	Friday	Interrupted Run	15-10-5
13-Nov	Saturday	RACE	AAU Southeastern District XC Meet @ Daniel Boone
14-Nov	Sunday	Rest	Rest
15-Nov	Monday	Intervals	CLUB PRACTICE To be determined
16-Nov	Tuesday	Intervals	6 x 800 meters with 3 minutes between
17-Nov	Wednesday	Run	40 minute run
18-Nov	Thursday	Tempo Reps	CLUB PRACTICE 1-2-3-4-5-4-3-2-1
19-Nov	Friday	Run	30 minute run
20-Nov	Saturday	Interrupted Run	20-15-10-5 or <u>Santa Mile in Kingsport</u>
21-Nov	Sunday	Rest	
22-Nov	Monday	Intervals	CLUB PRACTICE 8 x 200 meters
23-Nov	Tuesday	Tempo Reps	8-6-6-3-3-2-2-1-1 minutes
24-Nov	Wednesday	Fartlek	45 minutes
25-Nov	Thursday	Thanksgiving	Rest
26-Nov	Friday	Travel for some	Jog Footlocker Course
27-Nov	Saturday	RACE	FootLocker South at Charlotte
28-Nov	Sunday	Rest	
29-Nov	Monday	Intervals	CLUB PRACTICE To be determined
30-Nov	Tuesday	Interrepted	30-20-10 minutes
1-Dec	Wednesday	Intervals	8 x 400 meters with 3 minutes between
2-Dec	Thursday	Travel after school	Travel part way to Florida
3-Dec	Friday	Travel	Travel, Jog course
4-Dec	Saturday	RACE	AAU National XC at Disney World
5-Dec	Sunday	Return home	