

Coastal Athletic Association  
 Summer track workouts for 2009  
 Tuesday afternoons, April 21 to October 13  
 6:30 PM start, final 4 sessions at 6 PM start  
 Portsmouth High School track  
 50 Andrew Jarvis Dr, Portsmouth NH

Coaches: Daniel Beasley and Paul Caswell

#	Date	Format	Light	Medium	Heavy	Notes
1	4/21	Sandwich #1	800(400) 400(400) 400(400) 800(400)	800(400) 400(400) 400(400) 400(400) 800(400)	800(400) 400(400) 400(400) 400(400) 800(400)	This workout is meant to be progressive. You should try to run the last rep as fast or faster than the first, and each middle rep as fast or faster than the previous. It emphasizes speed.
			2.5 Mi	3 Mi	3.5 Mi	
2	4/28	Distance #1	800(400) 800(400) 800(400)	800(400) 800(400) 800(400) 800(400)	800(400) 800(400) 800(400) 800(400)	The format will expand to include 1200 meter and even 1600 meter reps in the middle of the season. It emphasizes strength.
			2.25 Mi	3 Mi	3.75 Mi	
3	5/5	Pyramid #1	200(200) 400(400) 800(400) 400(400) 200(200)	200(200) 400(400) 600(200) 800(400) 600(200) 400(400) 200(200)	200(200) 400(400) 600(200) 800(400) 600(200) 400(400) 200(200)	This is a pacing workout. It is designed to emphasize speed.
			2.25 Mi	3.25 Mi	4 Mi	
4	5/12	Hills #1	15 min continuous reps on hill by the anchor at school entrance (Strength and form)			
5	5/19	Mystery #1	?????? ~2.5Mi	?????? ~3 Mi	?????? ~3.5 Mi	This workout stresses pacing and mental strength as well as speed.
6	5/26	Track Tempo #1	Repetitions of 1 min easy jog followed by 2 min <b>hard</b> race pace (Strength)			
			X 4	X 6	X 8	
7	6/2	Sandwich #2	800(400) 400(400) 400(400) 800(400)	800(400) 400(400) 400(400) 400(400) 800(400)	800(400) 400(400) 400(400) 400(400)	

800(400)

2.5 Mi      3.5 Mi      4 Mi

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8	6/9	Distance #2	800(400)	800(400)	800(400)
			800(400)	1200(400)	1200(400)
			800(400)	800(400)	800(400)
				1200(400)	1200(400)
					800(400)

2.25 Mi      3.5 Mi      4.25 Mi

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9	6/16	Pyramid #2	200(200)	200(200)	200(200)
			400(400)	400(400)	400(400)
			800(400)	800(400)	600(200)
			400(400)	1200(400)	1200(400)
			200(200)	800(400)	1200(400)
				400(400)	600(200)
				200(200)	400(400)
					200(200)

2.25 Mi      4 Mi      4.5 Mi

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10	6/23	Hills #2	15-20 min continuous reps on hill by the anchor at school entrance		
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11	6/30	Mystery #2	?????	?????	?????
			~2.5 Mi	~3 Mi	~4 Mi

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12	7/7	Track Tempo #2	Repetitions of 1.5 min easy jog followed by 2.5 min <b>hard</b> race pace		
			X 3	X 5	X 7

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13	7/14	Sandwich #3	800(400)	800(400)	800(400)
			400(400)	400(400)	400(200)
			400(400)	400(400)	400(200)
			400(400)	400(400)	400(200)
			800(400)	400(400)	400(200)
				400(400)	400(200)
				800(400)	400(200)
					400(200)
					800(400)

3 Mi      4 Mi      4.125 Mi

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14	7/21	Distance #3	800(400)	800(400)	1200(400)
			1200(400)	1200(400)	1200(400)
			800(400)	800(400)	1200(400)
				1200(400)	1200(400)
				800(400)	1200(400)

2.5 Mi      4.25 Mi      5 Mi

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15	7/28	Pyramid #3	200(200)	200(200)	200(200)
			400(400)	600(200)	400(400)
			800(400)	800(400)	800(400)
			400(400)	1200(400)	1200(400)
			200(200)	800(400)	1200(400)
				600(200)	800(400)
				200(200)	400(400)

200(200)

2.25 Mi      4 Mi      5 Mi

16    8/4    Hills #3      20 min continuous reps on hill by anchor at school entrance

17    8/11    Mystery #3      ??????      ??????      ??????  
~2.5 Mi      ~4 Mi      ~4 Mi

18    8/18    Track Tempo #3      Repetitions of 1.5 min easy jog followed by 3 min **hard** race pace  
X 3                      X 5                      X 7

19    8/25    Sandwich #4      800(400)      800(400)      800(400)  
400(400)      400(200)      400(200)  
400(400)      400(200)      400(200)  
800(400)      400(200)      400(200)  
400(200)      400(200)  
400(200)      400(200)  
800(400)      400(200)  
400(200)  
800(400)  
2.5 Mi      3.375 Mi      4.125 Mi

20    9/1    Distance #4      800(400)      1200(400)      1200(400)  
1200(400)      1200(400)      1600(400)  
800(400)      1200(400)      1600(400)  
1200(400)      1200(400)  
2.5 Mi      4 Mi      4.5 Mi

21    9/8    Pyramid #4      200(200)      200(200)      200(200)  
400(400)      600(200)      400(400)  
800(400)      800(400)      800(400)  
400(400)      1200(400)      1200(400)  
200(200)      800(400)      1200(400)  
600(200)      800(400)  
200(200)      400(400)  
200(200)  
2.25 Mi      4 Mi      5 Mi

22    9/15    Track Tempo #4      Repetitions of 1.5 min easy jog followed by 4 min **hard** race pace  
X 2                      X 4                      X 6

23    9/22    Mystery #4      ??????      ??????      ??????      Start time moved to 6 PM  
~2.5 Mi      ~3.5 Mi      ~4.5 Mi

24    9/29    Sandwich #5      800(400)      600(200)      600(200)      6 PM start  
400(400)      400(200)      300(100)  
400(400)      400(200)      300(100)  
400(400)      400(200)      300(100)  
800(400)      400(200)      300(100)  
400(200)      300(100)  
400(200)      300(100)  
600(200)      300(100)  
300(100)

300(100)

600(200)

3 Mi

3.25 Mi

3.25 Mi

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25 10/6 Pyramid #5 200(200) 200(200) 200(200) 6 PM start

400(400)

600(200)

400(400)

800(400)

800(400)

800(400)

400(400)

1200(400)

1200(400)

200(200)

800(400)

1200(400)

600(200)

800(400)

200(200)

400(400)

200(200)

2.25 Mi

4 Mi

5 Mi

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26 10/13 Mystery #5 ???? ???? ???? 6 PM start

~2 Mi

~3 Mi

~4 Mi

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