

THURSDAY NIGHT WORKOUTS @ 6PM 2007

May 3 400's (quarters) X 4 with 4 min. rest between sets
May 10 400's X 4 timed with 4 min. rest
May 17 2 -3 person relay 200's (depends on number of people)
May 24 ladder's 200, 400, 600, 400, 200 (question whether we find a track to run on)
May 31 2 mile Indians

June 7 Hill workout on Ridge Rd. (run out and back X 2)
June 14 800's (half mile's) X 4 with 4 min. rest
June 21 5K Road Workout (Reservoir Hill run =☺)
June 28 Poker Run (place TBA)

July 5 "L's" (place TBA)
July 12 2 - 3 persons relay 400's (depends on number of people)
July 19 Plyometrics (stretches and/or aerobic exercises)

Attend Tuesday Night Workouts in State College w/ the Wahoo group! Until after Tussey MountainBack

Date	Week#/Course Legs	Distance/ Difficulty Rating	Meeting Location	Start Time
July 26	Wk 1: Leg #1	(3.2 x2)(6.4 - hard/mod.)	TMSL	6:00
Aug. 2	Wk 2: Legs #2 & 3	(4+3.8)(7.8 - easy)	WDSP	6:00
Aug. 9	Wk 3: Leg #4	(6.2 - moderate)	WDSP	6:00
Aug. 16	Wk 4: Legs #5 & 6	(3.4+5.3)(8.7 - easy/mod.)	PRSP	6:00 *
Aug. 23	Wk 5: Leg #7	(4.9 - moderate)	PRSP	5:30
Aug. 30	Wk 6: Legs #8 & 9	(2.8+2.9)(5.7 - easy)	CL	5:30
Sept. 6	Wk 7: Leg #10	(5.3 - hard)	CL	5:30
Sept. 13	Wk 8: Legs #11 & 12	(4+4.2)(8.2 - mod./mod.)	LTMS	5:30

* Runners should arrive at the meeting location by 5:40 PM for 6:00 start times, and by 5:10 PM for 5:30 start times..

Directions to Meeting Locations

TMSL = Tussey Mountain Ski Lodge – park in second (far) parking lot on left.

WDSP = Whipple Dam State Park parking lot – access via SR 26 south; after turning in the park driveway, take the first right.

PRSP = Penn Roosevelt State Park - access via SR 322 east, through Potters Mills, turn right onto Crowfield Rd. (at start of 4 lane) and travel 5.8 miles to the park (veer left at Crowfield & Boal Gap intersection).

CL = Colyer Lake - access via SR 322 east, turn right onto Taylor Hill Road (shortly after Shaner ball fields), right onto Church Hill Road, right on Bubb, right on Lake Road, follow to parking lot on right (park in back of lot).

Begin back on Thursday nights in Bellefonte

Sept. 20 Ladder's 200, 400, 600, 400, 200 (question whether we find a track to run on)
Sept. 27 Tempo run for 45 mins. (place TBA)

Oct. 4 Fox and Hound (place to be announced - questionable for Bellefonte area)
Oct. 11 Indians for 30 to 35 mins. (place TBA)
Oct. 18 Half mile repeats every 4 minutes X 4
Oct. 25 Hill workout on Reservoir Hill X 4 (depending on weather)
Oct. 31 Gentle 5K run last Thursday night workout with group till spring ☺