

## **Week of September 8th RACE: Snow Mountain**

**Monday:** Moderate Paced Captain's Choice Breakfast Run

**Tuesday:** Intervals on grass / 400s @ race pace 1 min rest

**Wednesday:** 4 sets 5x200

Set 1: 60 second rest

Set 2: 45 second rest

Set 3: 30 second rest

Set 4: 15 second rest

**Thursday:** Interrupted Run (Moderate pace run w/ 5 min break)

G1: 35-20-10

G2: 25-15-5

G3: 16-12-4

**Friday: Leave for Snow Mountain at 11:00am** [Walk Course + pre-race drills + 4x200 w/ walk back rest].

3 vans Coach Smidt, Coach Krage, Mr. Yates

**Saturday:** Race + 40 min cool down

Snow Mountain Ranch  
1101 County Road 53  
Granby, CO 80446

9:10am Start Warm ups  
10:10am High School Boys  
10:45am High School Girls (High School Awards to follow)

