

2023 Outdoor Speed Session 2			
All workouts should begin with a warm-up of at least 15-minutes.			
And finished with a cool-down of at least 10-minutes.			
2-Aug	3-Minutes	(1:30 rest)	5k pace (I-pace, 85-95%MHR)
	3-Minutes	(1:30 rest)	
	5-Minutes	(2:30 rest)	
	3-Minutes	(1:30 rest)	
	3-Minutes	(1:30 rest)	
9-Aug	5-sets of:		
	6-Minutes	(2-Min rest)	5k pace or faster
Sunday Aug 13 Bobby Doyle 5 Mile Narragansett RI NEGP			
16-Aug	3 sets of:		
	8-Minutes	(2-Min rest)	10k pace (T-pace, 75-85%MHR)
23-Aug	4-sets of:		(I-pace, 85-95%MHR)
	5-Minutes	(2:30 rest)	
Saturday Aug 26 AutoFair NH 10 Miler Auburn NH NEGP			
Aug 27 Old Goat 5K XC Classic Sutton MA USATF NE Cross Country			
30-Aug	6-Minutes	(3:00 rest)	(T-pace, 75-85%MHR)
	5-Minutes	(2:30 rest)	(T-pace, 85-95%MHR)
	4-Minutes	(2:00 rest)	(T-pace, 85-95%MHR)
	3-Minutes	(1:30 rest)	(I-pace, 85-95%MHR)
	2-Minutes	(1:00 rest)	(I-pace, 85-95%MHR)
	1-Minutes	(Cooldown)	(R-pace, 95-100%MHR)
September 3 Mt. Greylock Road Race Adams MA 8 mile MOUNTAIN SERIES			
	10 sets of:		
6-Sep	2-Minutes	(1:00 rest)	5k pace or faster (R-pace, 95-100%MHR)
Sept 10 GBTC XC Invitational Great Brook, Carlisle MA USATF NE Cross Country			
13-Sep	6-8 sets of:		
	3-Minutes	(1:30 rest)	Mile pace (R-pace, 95-100%MHR)
Half to St. Patrick's Day 5K, September 17, Manchester NH. NHGP			
20-Sep	Russian Ladder x 3-4		Great for Finishing Kick
	2-Minutes	(1-Min rest)	faster than 5k pace (R-pace, 95-100%MHR)
	1-1/2-Minute	(45-sec. rest)	
	1-Minute	(30-sec. rest)	
	30-Seconds	(2-Min rest)	

September 24 Waterville Valley Mountain Race Waterville Valley NH 7+- mile MOUNTAIN SERIES			
Sunday Sept. 24	Lone Gull 10k Gloucester MA NEGP		
27-Sep	3-sets of:		
	1-Minute	(30-sec. rest)	(R-pace, 95-100%MHR)
	2-Minutes	(1-Min rest)	
	3-Minutes	(1:30 rest)	
4-Oct			
	4-sets of:		
	4X-1-Minute	(30-sec. rest)	Mile pace or faster (R-pace, 95-100%MHR)
	1-Minute Rest	Between Sets	
Downriver Rail Run 10K, October 7, Enfield NH. NHGP			
Sunday Oct 8 Mayflower Wind Cape Cod Marathon Falmouth MA NEGP			
Oct 8	Wayland	GBTC XC Invitational Great Brook, Carlisle MA USATF NE Cross Country	
11-Oct	6-8 reps of:		
	36 seconds hard		(R-pace, 95-100%MHR)
	1:36 easy		
October 14 Cranmore Mountain Race North Conway, NH USATF-NE Mtn Championship 10 km Mtn Serie			
18-Oct	Indian Runs aka Passing Drills 4x4:00 Leader sets pace		
		(2:00 rest)	
26-Oct			
	Candlelight Relay		
October 14 Cranmore Mountain Race North Conway, NH USATF-NE Mtn Championship 10 km			
26-Oct	Candlelight Relay		
Nov 5 USATF New England XC Championship Franklin Park, Boston USATF NE Cross Country			
November 19 th Novemberfest Nashua			
December 3 rd Mill Cities Relay!			

