

CHRISTOPHER NEWPORT DISTANCE
WEEK SCHEDULE Monday 1/8 – Monday 1/15

Period: Preparation | **Phase:** Specific Preparation

Mesocycle: 6 (Revisiting workout themes/zones, Reclamation to schedule/conditions)

Microcycle: 21 | **Volume (1-10):** 8/9 | **Intensity (1-10):** 6

Tuesday 1/9

On own – Optional AM Double

3pm – G1, G1.5 Workout at Freeman (Meet at Freeman)

3pm – G4, G5, G6 Workout Outdoors (Meet at Freeman)

3pm – G1 & G1.5 Workout at Freeman (Meet at Freeman)

5:30pm – G2 & G3 Workout at Freeman (Meet at Freeman)

Wednesday 1/10

7 – 8am – Steeple People (Meet at Freeman)

3pm – Medium run + Med ball + Hip mobility + Core (Meet at Freeman)

SIGN UP FOR THURSDAY MORNING SPIN SESSION

Thursday 1/11

6:30 – 7am – Spin Session 1

7:05 – 7:35am – Spin Session 2

7:40 – 8:10am – Spin Session 3

8:15 – 8:45am – Spin Session 4

8:50 – 9:20am – Spin Session 5 (Only if needed)

9:25 – 9:55am – Spin Session 6 (Only if needed)

3pm – G1, G1.5, G2, G3, G4, G5, G6 Workout at POMOCO (Meet at Freeman)

Friday 1/12

3pm – Short/Medium run (Meet at Freeman)

Saturday 1/13

On own – Day off

Sunday 1/14

8am – Long Run (NN Park): Progression only if desired, but not necessary (Meet at Van Lot)

PM – Large group of recruits arriving on campus. Hosts coordinate when and where to meet your recruit.

Monday 1/15

On own – Optional AM Double

On own – Lift when you have time during the day (Freeman Weight Room – Sheets in my office)

On own start – Medium/Short run

4:15pm – Meet at FREEMAN for Speedbuild + Core + Yoga

STEEPLE PEOPLE come back to Freeman and do last half mile – full mile of your run around the track over hurdles (lanes 5 & 6, four hurdles per lap like we do in the morning.)