

VARSITY WORKOUTS FOR 1983 ● CROSS-COUNTRY SEASON

27 miles

MONDAY, AUG. 15 3.5 EASY MILES
 TUESDAY, AUG. 16 MILES ON COLLEGE COURSE (2 HARD)
 WEDNESDAY, AUG. 17 5.5 MILE RUN HARD (INTERIOR BIKE PATH)
 THURSDAY, AUG. 18 FARTLEK ON COURSE + 2 MILE JOG
 SATURDAY, AUG. 20 CLAYTON RUN (7.5 MILES)

31 miles

MONDAY, AUG. 22 MILES ON COLLEGE COURSE (3 HARD)
 TUESDAY, AUG. 23 5.5 MILE RUN HARD (INTERIOR BIKE PATH)
 WEDNESDAY, AUG. 24 3 MILE FARTLEK ON COURSE + 2 EASY MILES
 THURSDAY, AUG. 25 9 HALF-MILE HILLS AT PAVILLION (NON-STOP)
 FRIDAY, AUG. 26 4 EASY MILES
 SATURDAY, AUG. 27 7 HALF-MILES (LAKE COURSE) AVG TIME 2:30

38 miles

MONDAY, AUG. 29 BIKE PATH FOR TIME (+ 4 HILLS)
 TUESDAY, AUG. 30 16 360-METER RUNS AVG TIME 67 SEC.
 WEDNESDAY, AUG. 31 EASY 4 MILE RUN (+ 5 HILLS) (5:00 mile pace)
 THURSDAY, SEPT. 1 INTRA-SQUAD MEET (1 1/2 miles before, 1 mile after)
 FRIDAY, SEPT. 2 7.5 MILES AT 7:00 pace
 SAT., SEPT. 3 5 MILE-INTERVALS (1/2 MILE JOG Before + After) 5:30 pace (5:37 for mile)
 ↑ less than that for top 3.

25 miles

MON, SEPT. 5 NO PRACTICE
 TUES., SEPT. 6 MEET vs. LADUE + PARKWAY WEST
 WED., SEPT. 7 6+ MILE RUN - EASY
 THURS, SEPT. 8 16 360'S (JOG 1/2 miles) → one 360 every 2:45 - 65 to 70 sec per lap.
 FRI, SEPT. 9 4 MILE RUN - EASY
 SAT, SEPT. 10 MEET at HOUSE SPRINGS

30 miles

MON, SEPT. 12 7.5 MILE RUN HARD (TOTAL: 8 MILES)
 TUES, SEPT. 13 5 MILE-INTERVALS (TOTAL: 6 MILES)
 WED., SEPT. 14 5.5 MILE RUN - EASY 5 HILLS
 THURS, SEPT. 15 20 1/4-MILE INTERVALS - 66 seconds
 FRI, SEPT. 16 3 MILE PRE-MEET RUN
 SAT, SEPT. 17 PATTONVILLE INV.

MONDAY, SEPT 19 MEET VS FOX, ST. MARY'S, ETC. 6 MILES
 TUES 5 1/2 MILE RUN IN SOUTH ST. L
 WED 10 HILLS ON ART HILL (2 OVER-2 BACK) 5 1/2-6 MILES
 THURS 20 1/4 MILE RUNS 6 MILES
 FRI 3 EASY MILES
 SAT, SEPT. 24 MEET AT JEFF BARRACKS 5-6 MILES

34 MILES

MON, SEPT 26 7.5 MILES HARD (8 MILES TOTAL)
 TUES 5 MILE-INTERNAL (6 MILES TOTAL)
 WED 10 ART HILLS (5 1/2-6 miles)
 THURS 15 1/4 MILE RUNS (5 MILES)
 FRI EASY 3 MILES
 SAT, OCT 1 MEET AT MARYVILLE (5-6 MILES)

33 MILES

MON, OCT. 3 OFFICIAL NO PRACTICE
 TUES, OCT. 4 MEET AT DESMET (5+ MILES)
 WED, OCT. 5 7 HALF-MILE RUNS (5 1/2 MILES)
 THURS, OCT. 6 12 ART HILLS 110 BUILD-UPS (6 MILES)
 FRI., OCT. 7 OFFICIAL NO PRACTICE
 SAT, OCT. 8 ARCH RUN (7 MILES)

23 PRACTICE MILES

OCT. 10 5 MILE "ITALIAN HILL" RUN
 OCT. 11 10 400's
 OCT. 12 10 ART HILLS (???)
 OCT. 13 3 EASY MILES
 OCT. 14 MEET VS. DESMET
 OCT. 15 5 MILE FARTLEK

25 MILES

OCT. 17 SLU RUN
 OCT. 18 6 ART HILLS
 OCT. 19 RAINED OUT
 OCT. 20 3 LAPS 4 400's - 2 MILE JOG
 OCT. 21 3 EASY MILES AT LAQUE
 OCT 22 DISTRICT MEET

22 miles

OCT. 24 INT DIKE PATH -- ART MUSEUM RUN 5 HARD MILES OCT. 27 3 LAPS -- 10 110's -- 3 MILE JOG
 OCT 25 110-220-440-440-220-110 4 EASY MI. OCT. 28 3.5 MILE JOG
 OCT. 26 PRACTICE AT SIOUX PASSAGE 4 HILLS OCT. 29 SECTIONAL MEET

27 miles