

ST. VINCENT – ST. MARY FIGHTING IRISH

CROSS COUNTRY

THE KEYS TO COLUMBUS

A NEW CHAPTER – A NEW ERA

GOALS FOR THE MENS TEAM:

- TEAM AVERAGE OF 16:15
- EASY PACE DAYS SHOULD ***ALWAYS BE NO WORSE THAN 6:20 PACE PER MILE***
- THE RANGE FOR **TEMPO DAYS** SHOULD BE BETWEEN 5:30-5:50 MILE PACE
- EACH RUNNER NEEDS TO DETERMINE WHAT THEIR INDIVIDUAL GOAL TIME SHOULD BE: IF YOUR GOAL IS TO BREAK **16:00** FOR 5K (WHICH IS A PODIUM CANDIDATE, THEN INCREASE ALL TIMED WORKOUTS BY **5 SECONDS** – **6:15** MILE PACE ON EASY DAYS)
- THE RUNNERS WHO HAVE THE LEAD PACE RIGHT NOW, NEED TO TAKE CHARGE AND CONSTANTLY PUSH THE LEVEL FOR THE REST OF THE TEAM

GOALS FOR THE WOMENS TEAM:

- TEAM AVERAGE 19:15
- EASY PACE DAYS SHOULD ***ALWAYS BE NO WORSE THAN 7:20 PACE PER MILE***
- THE RANGE FOR TEMPO DAYS SHOULD BE BETWEEN 6:00 – 6:20 MILE PACE
- THE RUNNERS WHO HAVE THE LEAD PACE RIGHT NOW, NEED TO TAKE CHARGE AND CONSTANTLY PUSH THE LEVEL FOR THE REST OF THE TEAM
- THESE ARE MY PREDICATIONS OF TIMES AS OF RIGHT NOW. BUT, IT SHOULD BE NOTED THAT ANYONE OF THESE RUNNERS CAN ATTEMPT TO ACHIEVE BETTER THAN WHAT IS POSTED RIGHT NOW.

BOTH TEAMS (MEN AND WOMEN)

- **THE EASY DAYS PACE IS GOING TO DETERMINE YOUR FATE – THINK ABOUT IT LOGICALLY – IF WE ONLY TRAIN HARD 2 DAYS A WEEK AND WE PACE RUN THE REMAINING 4 DAYS A WEEK – WHAT DO YOU THINK WILL BE THE MUSCLE MEMORY? THEREFORE, THE EASY DAY PACE MUST BE IN ACCORDANCE WITH WHAT I NOTED ABOVE TO COINCIDE WITH THE RACE PACE MODE IN ORDER FOR THE MUSCLE MEMORY TO BE COMPLETE.**