

Thursday: We had a tough track workout last night, so take a day of recovery.

Friday: 2-3 miles at an easy pace, with a one to two-minute walk recovery between each mile.

Weekend: 12K Runners should plan to run 5-6 miles, focusing on even mile splits, or negative splits. Negative splits targets ideally, would be 5-10 seconds faster for the last mile. 4.37-mile runners should plan for a 3.5 to 4 mile run over the weekend with the same negative split goal with your Lake Run target pace.

Monday: 2-4 miles at an easy pace.

Tuesday: Take a rest day as were going to bump the Wednesday workout intensity up a notch.

Wednesday: Hill workout today, we'll start from the LRC club house, do our warmup on the trail, cutting over to Underwood Park. Then crossing over Jersey to Belt Ave, with 3-5 hill repeats on Maplewood. Plan on a few picnic pushups along the way.