

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.

Tuesday: Take a rest day, as Wednesday could have been a hard workout for you.

Friday: 2-3 miles at an easy pace. 12K runners should do 3-4 miles.

Weekend: 4.37-mile runners should plan for a 3.5 to 4 mile run over the weekend with the same negative split goal at your Lake Run target pace.

- We plan to meet at 7:30AM on Saturday at the LRC Club House for a 5 to 7 mile run, for those running the 12K at the Lake. We will target the same negative splits along the route.

Monday: 2-4 miles at an easy pace.

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

4/15 Wednesday (Going to monitor weather and plan for either at the Lake pre-run or another track workout)