

Sixth Draft Ideas for TeamICB Training 2003

Sat.	Sun.	Holidays	Saturday	Sunday	Thinking Behind Suggestions
05/10/03	05/11/03		Ottawa or NYC Races (Sat.)	Winchester (Sun. early - intervals up Grove)	Starting speed work Sun; shorter loop 'welcoming' to all team members
05/17/03	05/18/03		long slow skate (Sat.)	Martha's Vineyard Race (Sunday)	Start racing
05/24/03	05/25/03	Memorial Day	Ayer Dunstable trail or Cape Cod or Canal Trail	W Newbury Short / Long routes	Light week: Holiday. Explore a new trail Sat; Familiar loop Sunday. Stow loop offers opportunities for shorter/longer distances. Focus on intervals Sun on Wichester loop
05/31/03	06/01/03		Stow 13 or 20 miles	Winchester (Sun. early - intervals up Grove)	Longer sk8 Sat - Topsfield not easy to shortcut; Sun W Newbury loop paceline practice w 'team races', also practice hills as group
06/07/03	06/08/03		Topsfield (27 miles, moderate pace)	W Newbury (group paceline practice)	Longer skate Sat., but with shorter routes avail., focus on intervals Sun
06/14/03	06/15/03		Littleton 30 miles (w/ shorter option)	Winchester (Sun. early - intervals up Grove)	Empire Ctrl Pk Marathon (Sun) (or long high-intensity skate if you don't go to NY)
06/21/03	06/22/03		easy trail skate (Sat.)	Empire Ctrl Pk Marathon (Sun)	Majority may not make trip to Philly. So, do a combo of a longer skate one day, and high intensity the other day.
06/28/03	06/29/03		Philadelphia Inline Cup 5K & 20K (Sat.)	Philly Skate Jam or equiv. med-dist skates	Light week: Holiday. Take a little break, and have a relatively easy wkend
07/05/03	07/06/03	4th July	Littleton 30 miles (w/ shorter option)	long trail skate	W Newbury loop paceline practice w 'team races' and pair time trials, also practice hills as group. Long intervals there and Sunday
07/12/03	07/13/03		W Newbury (group paceline practice)	Winchester (Sun. early - intervals up Grove)	Longer distance skates for A2A bound folks, while others focus on technique at Matzger WS
07/19/03	07/20/03	Matzger	Matzger WS Boston [Littleton 40 mile for others]	Matzger WS Boston [Topsfield 27 miles, moderate pace for others]	Light week: Newburyport social skate Sat. (with some pre-work at our location, depending on start times); focus on hills Sunday
07/26/03	07/27/03		W Newbury (group paceline practice, individual TT) [ICB Social Skate after]	Littleton hills	was orig. race in Central Pk.. use time to reiterate balance and technique drills
08/02/03	08/03/03		Stow 13 or 20 miles	Wayland Parking Lot (practice Matzger drills)	Second long pre-A2A skate Sat.; shorter speed work Sun.
08/09/03	08/10/03		Littleton 40 miles (w/ shorter option) [Toronto races Sat & Sun]	Winchester (Sun. early - intervals up Grove) [Dan Burger 50K - San Mateo, CA]	Publow; ~3.7 mi. TT great for how you feel if you get caught out alone at A2A or in the 100K; Sunday building distance and working hills
08/16/03	08/17/03	Publow	Publow WS; W Newbury for others	Publow WS; Littleton hills for others	Light week: Relatively easy week for those not going to Binghampton
08/23/03	08/24/03		Stow 13/20 mi. [Empire Stg 4- Binghampton (Adv 10K, ProMaster 20 min Crit.)]	Mansfield?	Longest skate so far - but flat and turn around any time, so very welcoming to all; speed Sunday
08/30/03	08/31/03	Labor Day	East Bay (go early do 2 loops ~ 54 miles)	Winchester (Sun. early - intervals up Grove)	Focus on hills Sunday (Pinnacle?)
09/06/03	09/07/03		Topsfield?	Littleton 40 miles (w/ shorter option)	Light week: Tapering a little; add some speed work if you want.
09/13/03	09/14/03		Skate Boston (or Duluth or Montreal races)	Skate Boston social skate	NYC
09/20/03	09/21/03		NYC 100K or 42K (Sat 20th) [or Jimmy Fund]	easy trail skate (Sat.)	A2A 87, 52, 38 miles (Sun. 28th)
09/27/03	09/28/03		easy trail skate (Sat.)	A2A 87, 52, 38 miles (Sun. 28th)	Light week: Relax - loosen up a bit and check condition of feet!
10/04/03	10/05/03		Ayer Dunstable trail	Topsfield (27 miles, moderate pace)	Enjoy the fall foliage and satisfaction of having trained hard this summer and gotten in great shape
10/11/03	10/12/03	Columbus Day	Stow 13 or 20 miles (Fall Foliage Skate?)	Long Beach race or Winchester w/ intervals	Long trail skates seem easy! Fun and friends.
10/18/03	10/19/03		Martha's Vineyard trip	Martha's Vineyard trip	Keep up some distance if you are going to Tahiti.
10/25/03	10/26/03		Littleton 30 miles (w/ shorter option)		
11/01/03	11/02/03		W Newbury		
11/08/03	11/09/03		Tahiti marathon		
11/15/03	11/16/03		Run 40 min or equiv.		

NOTES: Generally, one weekend day is intended to be a longer skate (or longer race), and the other day is intended to be more for speed.
 The light green shaded dates are intended to include instruction in pace line skating and skating in a pack. Often, a 'team race' of some sort will be included.
 Those who are ending their competitive season at A2A won't need to keep training (for Tahiti).

Weekdays: (Testing Wayland 5-20)

If Wayland location doesn't work out, assume we won't have a scheduled weeknight team skate, unless another location identified.

I'd suggest 3 workouts: maybe T, W, Th, a light workout F can also be good in prep for race Sat. Try 2 sk8s, and one cross-train.

If I'm time-crunched, I do 2 runs and 1 sk8 to save time! Try to have 1 distance (DAD Th. good), 1 "tempo", and 1 speed workout, (relative focus varies thru season).