

2018 EXCEED CALENDAR

Updated 6/20/2018

Workouts start promptly at 6:00 p.m.

Warm up on your own at 5:45 p.m. for track workouts

Purple = Begich Track // Green = Clark Track // Blue = Wendler Track // Gray = Elsewhere

DATE	LOCATION	WORKOUT	GOAL
May 1	Kincaid Chalet	Trail run	
May 8	Begich Middle School Track (7440 Creekside Center Dr)	Fartlek on track	<i>Work on strength, endurance, and pacing</i>
May 15	Pt. Woronzof (Meet in the main Pt. Woronzof parking lot)	Hill workout	
May 22	Clark Middle School Track (150 Bragaw St)	Timed 2-mile	
May 29	Begich Track	Mystery ladder	
June 5	Valley of the Moon Park – Potluck	Organized fartlek	<i>Explore the Run for Women course (Race is June 9)</i>
June 12	Wendler Middle School Track (2905 Lake Otis Pkwy)	4-6 x 800m race pace Relays	<i>Continue working on speed, strength, and endurance</i>
June 19	Wendler Track	1 mile, 2 x 400m, 1 mile, 2 x 200m	
June 26	Wendler Track	10-12 x 400m	
July 3	Wendler Track	4-6 x 1000m, 200m rest	
July 10	Abbott Loop Community Park - Potluck	Trail run	<i>Continue building your speed, strength, and endurance</i>
July 17	Wendler Track	Funky ladder: Mile, 400, 1200, 600, 1000, 800 (w/ 200m rest between each)	
July 24	Muldoon Fitness Trail (across from Carrs, E. Northern Lts at Muldoon)	2-3 x: 800m, 2 min rest, 1200m, 2 min rest	<i>Work on endurance speed on the trail</i>
July 31	Wendler Track	Coaches' choice	
Aug. 7	Wendler Track	2 miles, 10 x 100m striders	<i>Improve on your time trial from spring</i>
Aug. 14	APU (across from Moseley Center)	Trail run	
Aug. 21	Hillside trailhead (Abbott Road)	Trail fun run	
Aug. 28	Russian Jack – End-of Season Potluck	Hash	<i>Celebrate a successful running season!</i>

For **Potlucks, bring a dish to share and we will gather after the run to picnic together.**

We will provide paper plates and utensils, but BYO drinks/water.

**For more information visit
<http://www.runexceed.org>**

