

EXCEED CALENDAR 2021



Workouts start promptly at 6:00 p.m.

Green = Wendler Track // Gray = Elsewhere

DATE	LOCATION	WORKOUT	GOAL
April 6	Chuck Albrecht Ball fields (Elmore & MLK)	Go for a Run with striders	Meet new members General Endurance
April 13	Chuck Albrecht Ball fields (Elmore & MLK)	Trail Run with striders	General Endurance
April 20	APU (across from Mosley Sports Center)	Hills with Friends	General Endurance & Strength
April 27	Point Woronzof	Trail Run	Recovery Week Endurance and Strength
May 4	Abbott Loop Community Park	Hills & Trails	Speed, Strength, Endurance Bring a Friend
May 11	Service HS	Trail Intervals	Endurance, Speed, Strength
May 18	Hilltop Ski Area	Upper Gasline Trail Challenge	Hill Challenge
May 25	Wendler Track	Time Trial	Recovery Week Run Fitness Check
June 1	Wendler Track	Long Intervals	Work on Pacing
June 8	Wendler Track	Threshold Intervals	Speed Endurance
June 15	Wendler Track	Mile Repeats	Consistent Pacing
June 22	Kincaid Park Jodphur Trails	Trail Run	Recovery Week
June 29	Wendler Track	Long Intervals	Speed Endurance
July 6	Wendler Track	Short Intervals	Sharpen Speed
July 13	Wendler Track	Short Intervals	Sharpen Speed
July 20	Exceed Fastest Known Trail TBD	Trail Run	Recovery Week
July 27	Exceed Fastest Known Trail TBD	Exceed Fastest Known Time Challenge	Run Your Fastest Known Time
Aug 3	Kincaid Park Stadium	Hills & Trails	Endurance, Strength, Fun on Hills
Aug 10	Wendler Track	Mixed Intervals	Fun with Speed
Aug 17	Wendler Track	Time Trial	Recovery Week Improve on your time trail from Spring
Aug 24	Abbott Loop Community Park	Fun Run and Games	Celebrate a successful running season!

