

Natosha Rogers

Final weeks before 2017 US 10-mile Road Championships

Result: **2nd place**



High Performance West

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|----------------------------------|--|--|--------------------|---|--|--|
| 11 th Easy run | 2mi w/up 4.5mi of alternating 800s 800m @ 2:35 /800m @ 3:10 2mi c/d | Easy run | Easy run + strides | Pre-Race | Cow harbor 10k 1st place | Recovery run |
| 18 th Recovery run | Easy run | 2mi w/up 4 mile tempo run @ 5:33 avg 3' rec, 2 miles to quicker as desired 2mi c/d | Easy run | Easy run | 2mi w/up fartlek 12 x 1min "on" @ 5k effort / 1min easy | Long run |
| 25 th Recovery run | 2mi w/up 3 x(2K @ 5:30 pace, 60" rec rest, 400m @ 72) 3' rec between sets 2mi c/d | Easy run | Easy run | 3mi easy 5 x1min on/off pickups 2mi easy | Pre-race | 10mile Champs 2nd place |