

Distance Workouts

Week of 3/16

Monday Road run 4-6 miles
Strength: 2 sets each: 10 burpees with push-ups, 10-15 squats, 10-15 crunchy frogs, 10-15 flutter kicks

Tuesday **Distance athletes:** warm-up 1 mile; dynamic and static stretching
4 X 400@ 1600 race pace
4 X 200@ 800 race pace
4 X 100@ full sprint
2 min. Recovery in between each interval
1 mile cool-down

Mid-Distance athletes: warm-up 1 mile; dynamic and static stretching
3 X 200@ 400 race pace
2 X 400@ 1:30-1:30 pace
3 X 200@ 400 race pace
2 min recovery between each interval
½ mile- 1 mile cool down

Wednesday Road run 3-5 miles with farleks: **2 HITS** during middle of run, after warm-up
1 HIT = 30sec jog - 20sec race pace - 10sec 90% sprint
30sec jog - 20sec race pace - 10sec 90% sprint
30sec jog - 20sec race pace - 10sec 90% sprint
30sec jog - 20sec race pace - 10sec 90% sprint
30sec jog - 20sec race pace - 10sec 90% sprint
(total of 5X = 1 HIT) follow with 2 min jog
Complete 2 HITS total

Strength: 2 sets each: 10-15 push-ups, 10-15 dips, 10-15 v-ups, 10-15 side crunches (each side)

Thursday **Distance athletes:** 1 mile warm-up; dynamic and static stretching
4 X 800@ 1600 pace with 4 min recovery between each set
1-2 mile cool down

Mid-Distance athletes: 1 mile warm-up; dynamic and static stretching
6 X 300 build-ups (first 100 jog; next 200@ 400 race pace; last 100 sprint)
2:30 min recovery between each set
½- 1 mile cool down

Friday Road run 3-5 miles with farleks: **3 HITS** (same as Wed work-out)
Strength: 2 sets each: 10-15 mountain climbers, 20 bicycle kicks, 10-15 lunges, 60 sec plank

Sat or Sun Road run 3-5 miles

Week of 3/23

Monday Road run 4-6 miles
Strength: 2 sets each: 10 burpees with push-ups, 10-15 squats, 10-15 crunchy frogs, 10-15 flutter kicks

Tuesday Warm-up 1 mile; Dynamic and static stretching

Distance athletes: 200, 400, 800, 1200, 800, 400, 200

Mid-distance : 200, 300, 400, 500, 400, 300, 200

Cool down 1 mile

Wednesday Road run 3-5 miles with farleks: **3 HITS** during middle of run, after warm-up
1 HIT = 30sec jog - 20sec race pace - 10sec 90% sprint

30-20-10

30-20-10

30-20-10

30-20-10 (total of 5X = 1 HIT) follow with 2 min jog

Complete 2 HITS total

Strength: 2 sets each: 10-15 push-ups, 10-15 dips, 10-15 v-ups, 10-15 side crunches (each side)

Thursday **Distance athletes:** 2 mile warm-up; dynamic and static stretching
2 X 1200@ 1600 race pace *work on running last 400 hard
4 min recovery between each
Cool down 1 mile

Mid-distance athletes: 1 mile warm-up; dynamic and static stretching
8 X 200@ fast 400 pace with 2 minute recovery between each
Cool down ½ mile

Friday Road run 3-5 miles with **2 HITS**
Strength: 2 sets each: 10-15 mountain climbers, 20 bicycle kicks, 10-15 lunges, 60 sec plank

Sat or Sun Road run 3-5 miles

Week of 3/30

Monday Road run 4-6 miles with **1 Hit**
Strength: 2 sets each: 10 burpees with push-ups, 10-15 squats, 10-15 crunchy frogs, 10-15 flutter kicks

Tuesday **Distance athletes:** 2 mile warm-up; dynamic and static stretching
8 X 200@ 800 race pace with 1:30 min. Recovery in between
2 mile cool down

Mid-distance athletes: warm-up 1 mile; dynamic and static stretching
8 X 200@ 400 race pace with 1:30 min. Recovery in between
1 mile cool down

Wednesday Road run 3-5 miles with farleks: **2 HITS** during middle of run, after warm-up
1 HIT = 30sec jog - 20sec race pace - 10sec 90% sprint
30-20-10
30-20-10
30-20-10
30-20-10 (total of 5X = 1 HIT) follow with 2 min jog
Complete 2 HITS total

Strength: 2 sets each: 10-15 push-ups, 10-15 dips, 10-15 v-ups, 10-15 side crunches (each side)

Thursday **Distance athletes:** 2 mile warm-up; dynamic and static stretching
4 X 400@ 1600 pace
4 X 200@ 800 pace
4 X 100@ sprint
Recovery 2 min. Between each set
1 mile cool down

Mid-distance athletes: 1 mile warm-up; dynamic and static stretching
2 X 200@ 400 race pace
3 X 400@ 1:20-1:25 pace
2 X 200@ 400 race pace; 1 mile cool down

Friday

Road run 3-5 miles with **1 HIT**

Strength: 2 sets each: 10-15 mountain climbers, 20 bicycle kicks, 10-15 lunges,
60 sec plank

Sat or Sun

Road run 3-5 miles