

Spring Break Schedule 2015 – Weeks 4 & 5

Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'

~Peter Maher, Irish-Canadian Olympian and sub-2:12 marathoner.

Day	Date	Type	Workout
Thu	4/2	Ti + R or E	10 Min WU run, dynamics, drills, strides <ul style="list-style-type: none"> Fartlek 2-2 (2 mins varied pace, 2 mins training pace) x 5 = 20 mins, 10 Min CD, stretch If you have already done this workout this week, then... Distance run – 3-8 miles (30-60 minutes), body weight workout
Fri	4/3	E	Distance run – 3-8 miles (30-60 minutes), body weight workout
Sat	4/4	R	R workout - 10 min WU, dynamics, drills + strides 30,45,60,45,30 (in secs) work:rest = 1:2(so 30 sec fast, then 60 sec jog,etc.) Rest = lite jog, 10 min CD By the end of week 4 increase your mileage by 5 over last week. Min. miles = 30
Sun	4/5	Off	Happy Easter
Mon	4/6	I	Jr/Sr (Var) I workout - 10 min WU, dynamics, drills, strides <ul style="list-style-type: none"> 2,3,4,4,3,2 (in minutes) @ I pace work:rest = 1:1, 6 -100 meter gear changes, 10 mi CD Fr/So (JV) I workout - 10 min WU, dynamics, drills, strides <ul style="list-style-type: none"> 2,3,4,3,2 (in minutes) @ I pace work:rest = 1:1, 6 -100 meter gear changes, 10 min CD
Tue	4/7	E -	Distance run – 3-8 miles (30-60 minutes), body weight workout
Wed	4/8	E - Lng	Distance run – 5-10 miles (45-75 minutes)
Thu	4/9	T + R	Jr/Sr (Var) – 10 min WU run, dynamics, drills, strides <ul style="list-style-type: none"> 20 mins up – tempo continuous + 6-100 meter gear changes 10 min cool-down Fr/So (JV) – 10 min WU run, dynamics, drills, strides <ul style="list-style-type: none"> 15 mins up – tempo continuous + 6-100 meter gear changes 10 min cool-down
Fri	4/10	E	Distance run – 3-8 miles (30-60 minutes), body weight workout By the end of week 5 increase your mileage by 5 over last week. Min. miles = 35
Sat	4/11	I	Jr/Sr (Var) I workout - 10 min WU, dynamics, drills, strides <ul style="list-style-type: none"> 2,3,4,3,2 (in minutes) @ I pace work:rest = 1:1, 10 min CD Fr/So (JV) I workout - 10 min WU, dynamics, drills, strides <ul style="list-style-type: none"> 2,3,4,3,2 (in minutes) @ I pace work:rest = 1:1, 10 min CD
Sun	4/12	E	All – easy distance run to achieve weekly mileage. By the end of week 5 increase your mileage by 5 over last week. Min. miles = 35

T – Improves aerobic efficiency

I – improves VO2 Max

R – improves economy & speed

Workout Type Key: **E** = Conversational distance pace

T = Threshold Pace (24 sec/mi >5k pace)

Ti = Threshold Pace Interval Distance

Ti + R = Threshold Pace Intervals followed by Repeats

I = Interval Pace (approx 3.2 K pace)

R = Repeats (approx 1.5 K pace)

- Include core work every other day to help compensate for missed lifting days. If you have access to a fitness center use it to get in a weight lifting session.
- **JV E pace** is approx 7:30-8:00/mile, **Var E pace** approx 7:00/mile. Increase mileage 5 miles each week to a maximum of 40 for freshmen and 50 for upper classmen.
- I suggest planning time in the morning to complete your workout. Make it a priority to complete your workout before lunch. This will increase the chances of getting it done before the distractions of the day make a workout prohibitive.
- If you adhere to this workout schedule and take one day off each week, you will be fit and better prepared to race upon your return than before you left. Maintain the positive momentum. You are on your way to a great track season.