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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| March 8  Page 2 and 3 below have Abs, Core and Strength suggested workouts and also Movement Prep and Speed Prep Drill lists. | 9  Depending on group and fitness  MPrep  3-6 miles easy to med. HR 130-150 bpm.  4 x100m strides  Core #1 | 10  Depending on individual – Mprep- 4-7 miles. (mid-week Volume run) easy HR 120-140  4 x 100m strides  Strength Circuit | 11  MPrep  4-6 miles total. 4x5 minutes at AT (Anaerobic Threshold) 1:00 between each. Coaches will help you identify your A.T.  Warmup 1 mile/cooldown 1 mile  Abs/Core #2 | 12  Recovery Run  3-6 miles on your own HR 120-140. 4 x 100m strides. Complete your movement prep drills on your own. Finish the workout with a completion of the Strength Circuit routine we did on Wednesday. | 13  Long Run Emphasis—build your volume.  4-8 miles depending on your background. Some may be ready to run more extensively. HR for this workout 130-150bpm |
| 15  MPrep  2 miles easy  4-6 x 200m (we may run a bit more with athletes who are ready)  2-3 miles cooldown.  Core #1 | 16  MPrep  Easy Run 3-7 miles HR 120-140 bpm.  Strength Circuit/Abs #1  5 x100m strides | 17 Run on your own-parent/teacher conf.  Mid-week Volume Run. MPrep- 4-8 miles. HR 130-150 bpm. 5 x 100m strides  Abs/Core #2 | 18 Run on your own-parent/teacher conf.  4-6 miles total. 4 x 5minutes at AT. (same as last week)  Warmup 1 mile/cooldown 1 mile  Strength Circuit | 19 No school -Run on your own. MPrep-  3-6 miles on your own. HR 120-140 bpm.  5 x 100m strides | 20  Long Run  4-8 miles depending on your background. HR 130-150 bpm. |
| 22  MPrep + Speed Prep  2 Miles easy  8 x 200m @ 85% - 200m recovery jog in between  2-3 miles cooldown  Strength Circuit and Abs 1 | 23 MPrep  Easy Run between 4-8 miles (depending on where you are at with fitness) 120-140 HR  6x100m strides  Core #1 | 24 M Prep -4-8 miles. HR 130-150 bpm  6 x 100m strides after | 25 MPrep + Speed Prep. 1 Mile warmup  3 x 1 mile at A.T. (same workout we have been working on with HR but chop up into 1 mile segments with 1 minute recovery in between. 2-3 mile cooldown. Abs/Core | 26 MPrep – 4-8 miles HR. 120-140 bpm  6 x 100m strides | 27  Long Run  5-9 miles depending on your background and fitness  HR 130-150 bpm. |
| Monday- | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 3/29  MPrep, SPrep  2 miles easy  10x200m@85%-200m recovery jog in between.  2-3 miles cooldown.  Strength Circuit and Abs | 3/30  MPrep  Easy Run 5-8 miles (choose volume that is at current level of fitness) 120-140 HR.  7x100m strides  Core | 3/31 MPrep  Midweek long run-5-9 miles. 130-150 HR  7x100m strides  Strength, Abs | 4/1  MPrep, SPrep  1 mile easy  4 x1000m with 2:00 rest-negative splits-intensity 2 @ Threshold + 2 @ 5K Race Pace.  Cooldown to finish volume for the day.  Core | 4/2  MPrep  Easy running 4-8  miles. 120-140 HR 7 x 100m strides.  Strength Circuit, Abs | 4/3  Long Run  6-10 miles (choose based on your level of fitness and running history-current and past history) pick up the intensity a bit on your long run this week HR 140-160 |
| 4/5  MPrep, SPrep  2 miles easy  10 x 200m @ 85 % - 200m recovery jog/1:30 rest between. 2-3 miles cooldown.  Abs | 4/6  MPrep  Easy Run 5-8 miles (choose volume that is at current level of fitness-see Schwartz if you have questions) 120-140 Heartrate for duration of run. 8 x100m strides  Strength Circuit | 4/7  MPrep  Midweek Long Run  6-10 miles. 130-150 HR  8x100m strides  Abs/Core | 4/8  MPrep, SPrep  1 Mile Easy  4x1000m with 2:00 rest-negative splits @ 5K race pace. Cooldown to complete your daily volume  Strength Circuit | 4/9  MPrep  Easy running 4-8 miles. 120-140 HR  8x100m strides  Abs/Core | 4/10  Long Run  6-10 miles (choose based on level of fitness) pick up the speed/intensity and run with heartrate at 150-160. This will greatly benefit your overall fitness |
| 4/12  MPrep, SPrep  2 Miles easy  10x200m @ 85%-200m jog recovery/1:30 rest in between. 2-3 miles cooldown.  Abs | 4/13  MPrep  Easy Run 5-8 miles. 120-140 heartrate for duration of the run.  8x100m strides  Strength Circuit | 4/14  MPrep  Midweek Long Run  6-10 miles. 130-150 HR  8x100m strides  Abs/Core | 4/15  MPrep, SPrep  3x1000m broken (800m + 200m) with 3:30 rest in between. We will give you the pacing at practice.  6:00 rest after 1000s  5x200m @ 85% with 200m jog in between. | 4/16  MPrep  Easy Running 4-8 miles. 120-140 HR  8x100m strides  Abs/CorM | 4/17  Long Run  6-10 miles. 150-160 heartrate. |
| 4/19  MPrep  Easy Run on your own 4-8 miles depending on your ability. 120-140 HR.  8x100m strides  Abs | 4/20  MPrep/SPrep  6-8 x 400m @ 1600 pace. 1/1 Rest  Warmup easy 2 miles  Cooldown-2 miles  Strength/Core | 4/21  MPrep  Midweek Long Run  6-10 miles easy 120-140 HR.  8x100m strides  Abs | 4/22  MPrep, SPrep  400,600,800, 200  400,600,800,200  1 to 1 rest during ladder. 4 minutes between ladders. We will discuss pacing at practice  Strength/Core | 4/23  MPrep  Easy Running 4-8 miles. 120-140 HR  8x100m strides | 4/24  Long Run on your own, Race or cross train. 6-11 miles  150-160 HR  Total volume:  45-49 miles for top range |
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Core #1

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| --- | --- |
| Planks | 1:00 |
| Rope mid | 35 |
| Rope side | 35 |
| Russ Twist | 50 |
| Bicycles | 35 |
| Flutter kicks | 35 |
| V-Ups | 20 |
| Russ Twist | Burn out |

Abs #1 (multiple sets – 20 seconds rest in between)

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| --- | --- |
|  | Leg lifts x 20 |
|  | Crunches x 20 |
|  | Bicycles x 20 |
|  | Windshield Wipers x 20 |
|  | Russian Twist x 20 |
|  |  |

Abs/Core #2: 2 x through; 30 seconds rest in between 10 minutes total Strength Circuit-bodyweight 2-3 x through :30-1:00rest

Mtn Climbers 30 secs. Burpees x 10 Plank Cross-Thru x 10

Hollow Body Hold 30 secs. Pike Pushup x 10

Plank Walkups 30 secs continued on next page Rear Lunge x 10

Supermans 30 secs Side to Side Regular Pushup x 10 Windshield Wipers 30 secs

Movement Prep

Hip Series-Hydrants, F. Hurdle Rotate,

Back Hurdle Rotate, kneeling scorpions

Lying scorpions

Superman

Eagles

Forward kicks w/hand touch

Movement Prep:

Side Lunge

Forward Lunge

Exag.Forward Lunge elbow down

Back Lunge

Drop Lunge

Hand Walk