

DAILY WORK OUT: Vacation

Sprinters/Jumpers

Conditioning/Dynaflex (focus on form)

Saturday or Sunday: 30 minute run

Monday: 1200 m warm up or 10 min. EZ run

2 x (4x 200m) at 80 % effort. Recovery walk back . Recovery between sets walking for 5-10 min. 1200m cool down EZ run

Strength work: Push ups x 10 x 3 sets, Dips 10x 3 sets, sit ups V ups 20-30 reps x 2 , plank

Tuesday: 2x (3x 20-30m) do from crouch start position. Accelerations for 50m x 4

Stairs (10 steps) or hills 30-50 m length x 4 runs, hopping with double legs air hurdles x 5. Do on soft surface. EZ 1200m cool down run.

Wednesday: Recovery day off.

Thursday: 2 x (150's x 4) @ 85-90 %Walk back recovery 5-10 min. between sets.

Strength work (same as Monday)

Friday: Same as Tuesday

Saturday: Recovery Day off or EZ run for 10-15 min.

Sunday: Same as Wed.

Complete the below cool down stretches. Every day

COOL DOWN STRETCHES IN GROUPS

Toe touch 1 minute Standing back arch 15 seconds or Cobra Pose (Yoga)

Standing calf R/L Hold 20-30 seconds both sides x 2

Quadriceps stretch Hold 20-30 seconds both sides x 2

Standing hip flexor (Lunge with tall body, arch back) or lying on ground cross leg

Kneeling groin stretch (elbows push knees out)

Piriform Stretch (Standing split)

Sit and Cross legs for IT Band Hold 20-30 seconds

DAILY WORK OUT: Vacation

400m

Conditioning/Dynaflex (focus on form)

Saturday or Sunday: 30 minute run

Monday: Fartlek : EZ 5 min. running (1 min hard, 1 min. EZ) x2 . EZ 3-4 min running between the sets. (30 Sec. hard, 30 Sec. EZ) x 4. Finish with 10 EZ running.

Strength work: Push ups x 10 x 3 sets, Dips 10x 3 sets, sit ups V ups 20-30 reps x 2 , plank

Tuesday: EZ run 20 min.

Stairs (10 steps) or hills 30-50 m length x 4 runs, hopping with double legs air hurdles x 5. Do on soft surface. EZ 1200m cool down run.

Wednesday: Recovery day off.

Thursday: Warm up 1200m run. (200-200-400) x2 (200's@ race pace for 400m), 400 best effort. Walk back recovery. Rest between sets 5-10 min. 1200m EZ run cool down.

Strength work (same as Monday)

Friday: EZ 20 min run

Saturday: Recovery Day off or EZ run for 10-15 min.

Sunday: 15 min EZ run followed by 10 x100m accelerations. Work on running relaxed with good form. Walk back recovery

Complete the below cool down stretches. Every day

COOL DOWN STRETCHES IN GROUPS

Toe touch 1 minute Standing back arch 15 seconds or Cobra Pose (Yoga)

Standing calf R/L Hold 20-30 seconds both sides x 2

Quadriceps stretch Hold 20-30 seconds both sides x 2

Standing hip flexor (Lunge with tall body, arch back) or lying on ground cross leg

Kneeling groin stretch (elbows push knees out)

Piriform Stretch (Standing split)

Sit and Cross legs for IT Band Hold 20-30 seconds

DAILY WORK OUT: Vacation

Mid Distance

Conditioning/Dynaflex (focus on form)

Saturday or Sunday: 30 minute run

Monday: Fartlek : EZ 5 min. running (1 min hard, 1 min. EZ) x4 . EZ 3-4 min running between the sets. 4x (1 min hard 1 min. EZ) 2-3 min EZ running 4x (30 Sec. hard, 30 Sec. EZ). Finish with 10-15 EZ running.

Strength work: Push ups x 10 x 3 sets, Dips 10x 3 sets, sit ups V ups 20-30 reps x 2 , plank

Tuesday: EZ run 30 min.

Wednesday: Recovery day off.

Thursday: Warm up 1200m run. 3x(200m x4) (200's@ race pace for mile 35-38 sec), jog back recovery. Rest between sets 3-4 min. 1600m EZ run cool down.

Strength work (same as Monday)

Friday: EZ 30-40 min run EZ

Saturday: EZ - moderate 30 min run last mile do 30 sec surges with 30 sec EZ running for recovery x 6. Finish with 5 min EZ running.

Sunday: 15 min EZ run followed by 10 x100m accelerations. Work on running relaxed with good form. Walk back recovery. Finish with 5 min. EZ running

Complete the below cool down stretches. Every day

COOL DOWN STRETCHES IN GROUPS

Toe touch 1 minute Standing back arch 15 seconds or Cobra Pose (Yoga)

Standing calf R/L Hold 20-30 seconds both sides x 2

Quadriceps stretch Hold 20-30 seconds both sides x 2

Standing hip flexor (Lunge with tall body, arch back) or lying on ground cross leg

Kneeling groin stretch (elbows push knees out)

Piriform Stretch (Standing split)

Sit and Cross legs for IT Band Hold 20-30 seconds

DISTANCE

				~ April 2016 ~							
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6		7	
		run + hill circuit x2-3		easy run+ strides/ handoffs		Intersquad meet		easy run 3-7miles OR 25-50mins		easy run 3-7miles OR 25-50mins	
						4x800, 4x4 OR 1600				6-8x100 meter strides	
										warmup 2-4miles OR 15-30mins then 3-5miles progression run (each mile get slightly faster)	
										5mins jog cool down	
		weights 1		core/ hips		core/ hips		hurdle walkovers		stretch/ core/ hips	
9 VACATION		10 VACATION		11 VACATION		12 journal inv		13 VACATION		14 VACATION	
		Speed R/FR		easy run 3-7miles OR 25-50mins OR x-train 30mins		easy run 3-7miles OR 35-55mins then 4-6x 6second hill sprints		LT		easy run 3-7miles OR 25-50mins	
		warm up 10-15mins then on a track or park 2-3x (200, 200, 400) jog equal distance rest pace is fast/ smooth 5-10min cool down						warm up 10-15mins 3-6x3mins pickup @ "comfortably hard" pace (1min easy jog for rest) 5-10min cool down OR at a track or a park warm up 10-15mins 3-6x1000m (1min jog rest)		5-12miles OR 35-85mins	

	~mile goal pace OR (if no track) 10-15min warmup 3x (3x30second fast hills) jog down recov 5-10min cool down				@ Lactate Threshold pace "comfortably hard" 5-10min cool down			
	weights 1	stretch	hurdle walkovers core	weights 2	hurdle walkovers core	stretch		