

Distance Track Conditioning

2/11 – 2/17

Monday	30 – 40 minute run at maintenance pace; 10 x 100m uphill, Esplanade grass strip; 10 minute warm-down
Tuesday	15 minute warm-up; 12 minutes at tempo, 4 minutes easy, 12 minutes at tempo. Start each tempo at medium pace and pick up second half to faster pace. 10 minutes warm-down
Wednesday	30 – 50 minutes at maintenance pace, strides
Thursday	15 minute warm-up; 6 x 600m on track with 200m walk rest between each 600; first interval at 2-mile race pace; make each interval faster than the last; 15 minute warm-down
Friday	40 – 60 minutes at maintenance pace, strides
Saturday	75 – 90 minutes easy
Sunday	rest