

Distance Workouts 3/16 – 3/22

Monday	15 minute warm-up. 3 sets of 200m, 400m, 200m, 200m with 2 minutes rest between intervals and 6 minutes between sets. (JV, new runners do 2 sets). Intervals are run between 800 and 1600m race pace. 15 minute warm-down.
Tuesday	50 minutes maintenance run. (40 minutes JV)
Wednesday	15 minute warm-up 1600m, 1200m, 800m at 5K race pace. 4 minutes rest between intervals 15 minute warm-down
Thursday	50 minutes maintenance run. (40 minutes JV)
Friday	15 minutes maintenance, 15 minutes tempo, 15 minutes maintenance (15 minutes for JV)
Saturday	80 minute run (60 minutes JV)
Sunday	rest

- Since you may not have access to a track, you may need to run these intervals as a fartlek, or you may set up your own course on a trail or field and run for an equivalent amount of time or estimate the distance. For instance, if a 200m sprint normally takes you 40 seconds, simply sprint 40 seconds on a trail, road or field.