

### Distance Workouts 3/23 – 3/29

<b>Monday</b>	50 minutes maintenance run. (40 minutes JV)
<b>Tuesday</b>	15 minute warm-up; 6 x 1000m, starting at 5k race pace for 1st interval and making each interval slightly faster; 4 minutes recovery between intervals. (4 x 1000m for JV). 15 minute warm-down
<b>Wednesday</b>	40 minute maintenance run (30 minutes JV)
<b>Thursday</b>	50 minutes maintenance run. (40 minutes JV)
<b>Friday</b>	15 minute warm-up, 3 sets of 4 x 300m fast (just slightly slower than 800m race pace), float 100m between intervals, 500m jog between sets. (JV 2 sets); 15 minute recovery
<b>Saturday</b>	75 minute run, last 25 minutes fast. (60 minutes JV)
<b>Sunday</b>	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.