

### Distance Workouts 3/30 – 4/5

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| <b>Monday</b>    | 15 minute warm-up.<br>2 sets of 200m, 400m, 600m, 400m, 200m with 2 minutes rest between intervals and 6 minutes between sets. Intervals are run at 1600m race pace.<br>15 minute warm-down.             |
| <b>Tuesday</b>   | 50 minutes maintenance run. (40 minutes JV)  |
| <b>Wednesday</b> | 15 minute warm-up<br>2 x 1600m 5K race pace. 6 minutes rest after each 1600m. Varsity finish with 6 x 200m sprint with full recovery (whatever you need to sprint the next 200m).<br>15 minute warm-down |
| <b>Thursday</b>  | 50 minutes maintenance run. (40 minutes JV)  |
| <b>Friday</b>    | 15 minutes maintenance, 15 minutes tempo, 15 minutes maintenance (15 minutes for JV)   |
| <b>Saturday</b>  | 80 minute run  |
| <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.
- Hang in there! We know it is hard to stay motivated with no races in the immediate horizon. Hopefully these workouts give you a taste of something normal from our pre-shelter-in-place lives. We miss you.