

Monday:

Warmup

Short sprints: 90% speed

200m x 5

3-4 min rest between

Long Sprints: 90% speed

200m x 7

4-5 min rest between

Abs:

Suitcases x20

Russian twists x40

Leg raises x10

Bicycles x40

V - Sits x10

Planks: 30 sec each side, 45 middle

if track not accessible, estimate distances

Tuesday (recovery)

30 min easy run

60 min walk

30 min stationary bike

30-45 min yoga

Wednesday: Hills/Stairs

If possible find access to hill or a long set of stairs to do the following workout:

6 times up with jog down

3-5 min break

6 times up with jog down

3-5 min break

6 times up with jog down

focus on good knee drive, toes up, big arms

Abs:

Suitcases x20

Russian twists x40

Leg raises x10

Bicycles x40

V - Sits x10

Planks: 30 sec each side, 45 middle

Thursday (recovery)

30 min easy run
60 min walk
30 min stationary bike
30-45 min yoga

Friday/weekend: circuit

Set 1: Do this set 3 times before set 2

High Knee Lunge x20 (10 each leg)
10 suitcases (abs)
30 Russian Twists (abs)

Backward Lunges x20 (10 each leg)
5 V-sits (abs)
30 Bicycles (abs)

Set 2: Do this set 5 times

Tempo 100m at 70% pace (estimate distance)
20 regular squats
10 suitcases
30 Russian Twists

Tempo back 100m at 70%

20 single leg squats (10 each leg)
5 V-sits
30 Bicycles

Finish with planks: 2 sets – 30 sec each side, 45 sec front