

## Distancing Workouts 4/6 – 4/12

<b>Monday</b>	50 minutes maintenance run. (40 minutes JV)
<b>Tuesday</b>	15 minute warm-up. 6 x 400m at 800m race pace. Full recovery (whatever you need, probably 4-5 minutes). 15 minute warm-down.
<b>Wednesday</b>	50 minutes maintenance run. (40 minutes JV)
<b>Thursday</b>	50 minutes maintenance run. (40 minutes JV) plus 10 x 100m uphill
<b>Friday</b>	15 minutes maintenance. 4 x 5 minutes tempo running 3rd minute of each tempo at 5K race pace (so 2min tempo, 1 min fast, 2min tempo), 5 minutes easy running between each interval. 10 minute warmdown
<b>Saturday</b>	75 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 and the likely cancellation of the season. Hopefully these workouts give you a taste of something normal from our pre-shelter-in-place lives. All training is cumulative - training done now will help you in future seasons. We miss you.