

Week 3 March 23rd

Form Drills for all 30M

Skip with arm circles forward

Skip arm circles backwards

Skip with hugs

Skip backwards

Sideways jacks with arm swings

Leg swings to the side at the fence-be up on the toe of the leg on the ground

Leg swings forward and back-be up on the toe of the leg on the ground

Grapevine

Distance Work-out Do the work-outs on the rail trail if you can/or a track. Softer surface is better for the shins. Estimate the mileage of your harder work-outs then your long distance miles should make up the rest of the week.

Monday: Drills as above/Mileage to meet your goals

Tuesday: 30 minutes easy **then** 6- 8 x uphill (the Apple orchard hill or the hill in the back of the MS-Cherry Hill region...find a hill) that you can run 60 seconds to 1:15 **then** 10 minutes easy. If you ran 45 seconds last week you should be 60 this week-same with 1 min to 1:15

This work-out would be about 4 to 5 miles depending on your ability

Wed: Drills then mileage to meet your goals.

Thursday: Drills above then 10'E then 5 x 400 at 75% with 3' then 3 x 200 at 90% with 1:30' then 20E. This is one more 400 than last week, and one less 200.

If you look at this is would be about 5 miles

Friday: Drills as above/Mileage to meet your goals

Saturday:

-Drills above

-20 minutes easy + 8 x70 M strides on flat then 10 Easy

This work-out would be around 4 miles

