

Distance 2020 Week 5 This will be a decrease in mileage (recovery week), but next week will take a big increase in mileage. I am adding in a Threshold work-out and track workout. Those new to distance running -Threshold is: a run that is comfortably hard, you are out of breath before you finish a sentence...but it is not race pace. Threshold work allows your body to improve its ability to clear blood lactate. If you train closely to your threshold levels-you can increase your threshold. This type of training makes it possible to delay the lactic acid coming in by pushing the threshold higher.

If your name is blank I need a 1500 time

Next week you will do a 1500 time trial again to check your conditioning and to keep your mind in race mode.

Name	1500	V-Dot	Last Week	Goal Mileage This week	Threshold	Interval	Repetition	Long Run
Lydia	6:12	43	26	21	400=1:55	400= 1:46	200=49/ 400=98	5-6
Lexi	6:56	39	23	19	400=2:05	400= 1:56	200=53/ 400=1:46	4-5
Shannon	7:24	36	23	19	400=2:13	400= 2:02	200=57/ 400=1:54	4-5
Nina	7:14	36	23	19	400= 2:13	400=2:02	200=57/400= 1:54	4-5

Amelia **I haven't heard from you so I don't know where to put you**

Briana **Let me know when you can go again**

Orla **I haven't heard from you so I don't know where to put you. Let me know what you are doing-I do want to start giving you more 400 and 800-but you have to have put in some base miles.**

Noor I haven't heard from you