

## **Week 2 March 16th**

## **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. Once I get your 1500 time I can give you a better estimate of times you should hit.

**Monday:** Drills as above/Mile warm-up. 1500 time trial/ 30 to 45 minute cool-down.  
Younger athletes more toward the 30 minute side

**Tuesday:** Drills above: Long run-better with hills if you can get to Spring Farm/Pine Road (you would need a pass for both).

**Wednesday:** 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 45 to 60 seconds **then** 10 minutes easy.

**Thursday:** Drills then 45- minutes to an hour run. New runners keep to 45 minutes.

**Friday:** Drills above then 10'E then 4 x 400 at 75% with 3' then 4 x 200 at 90% with 1:30' then 20E

**Saturday:** Mileage 45-60