

Week 4 March 29th

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: 20 minutes easy pace + steady 3 min Threshold + 8 Strides + 20 minutes easy

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

Wed: Drills then mileage to meet your goals.

Thursday:

10 minutes easy + 600 repetition pace +600 jog + 2 x 400 Repetition w/400 jog between + 4 x 200 repetition w/200 jog between + 10E

If you look at this is would be about 6-7 miles

Those less than 20 miles a week should do half the amount

Friday: Drills as above/Mileage to meet your goals

Saturday: 10 easy + 3 x 1000 @Threshold w/2 min rest between + 6 x 200 R w/200jog between

This work-out would be around 4 miles

Those less than 20 miles a week-don't do this work-out...just mileage

