

Week 5 April 6

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.

I am going to put down two work-outs for the week. The other days you should be getting in

-mileage -Drills -Core

1. Work-out one: Warm-up drills and 10 minute jog with 4 strides

Threshold. 4min low Threshold with 30 sec easy jog...then 4 min high Threshold with 3 minutes off. **Cool-down 10 minutes and 4 strides.**

Repeat 3 times for Lydia and 2 times for everyone else. It is important to keep the time stated on the sheet.

-If you have the ability to do this where there is a flat and a **slight hill** you can do the low and high. If you can only do this on a flat then you will not worry about the low and high.

Example: Threshold 4 mins on flat (30 second jog) then 4 mins on the slight hill...keeping the same pace. You can go out and back 2 minutes so you are at the hill. If you think of riding a bike keeping a steady cadence of 90 on the flat...you now want to keep that same cadence on the slight hill. You may not be able to go as far, but the work-out is harder.

2. Work-out one: Warm-up drills and 10 minute jog with 4 strides. If you can't measure out the distance-judge the time you think it would check.

You can figure this out with the chart I gave you.

- 600 Repetition with 1k jog

- then 2 x 400 Repetition with 400 jog

-then 200 Repetition w/200 jog

-then 10 min cooldown

This work-out is around 4 miles

