

Week 6 April 12

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

-I am going to keep one Threshold work-out and one track work-out.

***Things to keep in mind in any work-out. If you can't keep the times after 2 to 3 times of trying then try this**

- 1. Increase the rest time between by 30 seconds to 1 minute**
- 2. If that doesn't work it is more important to keep the time so you may have to move from a 1000m to 800m or 400M**
- 3. If you have to move down to 400m-you rest should not be as long.**

You can pick the option of the threshold work-out.

-Lydia, if you were able to get 3 repeats in last week-stay with 3 again but go to 5 minutes

-Everyone else-stay at 4 minutes but go up to 3 repeats instead of 2

- 1. Work-out one: I like this work-out so you can increase the time from last week if you found an area you could add a slight hill in. Warm-up drills and 10 minute jog with 4 strides**

Threshold. 5min low Threshold with 30 sec easy jog...then 5 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.

Distance Continued

-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 5 mins on flat (30 second jog) then 5 mins on the slight hill...keeping the same pace. You can go out and back 2.5 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.

Option 2 Threshold below

2. Warm-up drills and 10 minute jog with 4 strides

- 1000 meter loop.. If Spring Farm is open they have a nice 1000 meter loop at the Bonticou loop.
- Field of dreams if it is open also has a nice 1000 meter loop
- Track would 2.5 times around
- Rail trail.
- or any 1000 meters you can find.
- If you can't get to 1000 m then just go by time as in above

Lydia: 6 x 1000M with 30 sec- 1 minute jog rest

Everyone else: 4 to 5 x 1000 with 1 minute jog rest

2. Track Work-out

Warm-up drills and 10 minute jog with 4 strides.

1500 time trial. This will let me see if your V-Dot numbers have changed.