

The first 2 weeks are dedicated to Building / maintaining a base, gaining strength/endurance, and working on running mechanics / good form.

- Begin each practice with Plyometrics and Light Stretching – Pre-Workout Drills to get warmed up
- Stretching after – Bring your body and mind into balance. Sets you up well for the next day.
- Do Weights – 2x week - moderate weight, higher repetition (2-3 sets of each)
- Do not crank the 100/200's ! They are there to shake out / feel good after the run.
- Actively rest in minutes between intervals / repeats

WEEK 1: March 16 - 22

M – 40 MIN RUN + 10 X 100 STRIDE (SHAKEOUTS) Work on Form

T – 30 MIN RUN + 4X200 (34-36 Pace and Form – 2rest)

W – 20 MIN RUN STEADY + 4X400 or 2 X 800 (75 Pace/Form – 3rest) + 20 MIN RUN

R – 40 MIN RUN + 10 X 100 (SHAKEOUTS) Work on Form

F – 30 MIN RUN + 4X200 (34-46 Pace and Form – 2rest)

Sat or Sun – 40+ MIN OF HILLY RUN – WORK THE HILLS

WEEK 2: March 23 - 29

M - 40 MIN RUN + 10 X 100 STRIDE (SHAKEOUTS) Work on Form

T – 1 MILE EASY + 4 X 1200 – THRESHOLD (4rest) or 2x1200, 2x800, 2x400 + 1 MILE EASY

W – 40 MIN RUN + 4 X 200 (34-36 Pace and Form)

R – STIFF MILE (6:00) 5rest, 1200 (4:00) 4rest, 800 (2:30) 3rest, 400 (70) 2rest, 200 (34)

Active Rest is in minutes

F – 40 MIN RUN + 10 X 100 STRIDE (SHAKEOUTS) Work on Form

Sat or Sun – 50+ MIN OF HILLY RUN – PUSH THE HILLS

WEEK 3: TBA