

2020 Five weeks of April MCHS TRACK & FIELD (1600-3200m) DISTANCE TRAINING 3/29/20

Week	Mon	Tue	Wed	Thu	Fri	Sat	Total Miles
#8 (Mar 30)	I Fountaingrove	EZ ???	Tempo + Interval RVMS Track	EZ ???	Speed RVMS Track	OD ???	Sun: Zero Day! ...rest! Sleep-in!
	<p>Everyone: 1- 1.5 mi. warm-up + Drills at start at base of Fountaingrove Hill</p> <p>Boys: 8 x 600m up FG hill (bottom to crest of first hill; just before Chanate road overpass) at 5K race pace effort with jog down as recovery Cool down 1-1.5 mi.</p> <p>Girls: same as Boys, but 6 x 600m, then add 100m Squat/Lunge Strength Circuit</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: 1.5 mi. warm-up + Drills</p> <p>Boys: 2 x 1mile tempo warm-up with 3:00 rest in between, then 2 x (600m-400m-300m-200m) (600m at 3200m pace, 400m at 1600m pace, 300m/200m faster; all with 300m jog recovery in between) Cool Down 1.5-2 miles</p> <p>Girls: same as Boys, but 1 x 1 mile tempo warm-up, then add Hip Strength/Ankle Mobility Circuit</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: 2 mi. warm-up Drills</p> <p>8 x 400m with 50m/50m pick-ups and 300m rest in between, then tag 200m, then go into plyometric routine (wall jumps > frog jumps > bleachers hops)</p> <p>Girls: add Squat/Lunge Strength Circuit</p> <p>Everyone: Cool-down with 800m barefoot + ankle stability/mobility routine</p>	<p>Location TBD</p> <p>Everyone: 60-90 min. OD Run Tempo pace last ~15-20 min. or 5 x 1:00 "ups" at 5K race pace with 3:00 rest in between</p>	
Total Miles:	8	7	9	7	6	14	51
#9 (Apr 6)	I RVMS Track	EZ ???	Fartlek ???	EZ ???	Speed RVMS Track	OD ???	Sun: Zero Day! ...rest! Sleep-in!
	<p>Everyone: 1-1.5 mi. warm-up + Drills</p> <p>5 x 800m; start at 5K race pace, then cut-down faster for each one with recovery = work time. Rest 4:00 and tag 400m</p> <p>Girls: add 100m Squat/Lunge Strength Circuit + 2 laps barefoot cool-down</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: 1-1.5 mi. warm-up to start</p> <p>Boys: 7 x 7:00 (3 min on at 5K race pace, 4 min jog) then 2 mile cool down with 6 x :15 "ups" on way back with :45 rest in between as part of cool-down</p> <p>Girls: same as Boys, but 6 x 7:00, then add Hip Strength/Ankle Mobility Circuit</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: 2 mi. warm-up Drills</p> <p>8 x 400m with 50m/50m pick-ups and 300m rest in between, then tag 200m, then go into plyometric routine (wall jumps > frog jumps > bleachers hops)</p> <p>Girls: add Squat/Lunge Strength Circuit</p> <p>Everyone: Cool-down with 800m barefoot + ankle stability/mobility routine</p>	<p>Location TBD</p> <p>Everyone: 60-90 min. OD Run Tempo pace last ~15-20 min. or 5 x 1:00 "ups" at 5K race pace with 3:00 rest in between</p>	
Total Miles:	8	7	8	7	6	14	50
#10 (Apr 13)	Tempo Fountaingrove	EZ ???	I RVMS Track	EZ ???	Speed RVMS Track	OD ???	Sun: Zero Day! ...rest! Sleep-in!
	<p>Everyone: 1-1.5 mi. warm-up + Drills</p> <p>Boys: Steady 2 mi. tempo up FG hill (2 miles is at cross street intersection of Hansford Ct. near "The Summit" sign) once down to bottom of hill, do 6 x :30 back up hill (recovery is walk down) then 2 miles EZ cool down</p> <p>Girls: same as Boys, but 1.5 mi tempo up FG hill (1.5 miles is at cross street intersection of Sedgemore Ct.) once down to bottom of hill, do 5 x :30 back up hill (recovery is walk down) then finish with 100m Squat/Lunge Strength Circuit and 1 mile EZ cool down</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: 1-1.5 mi. warm-up + Drills</p> <p>Boys: 10 x 400m at 1600 race pace with 1:30 jog recovery in between -Spike-up (?) - 4 x 80m all-out with 1:30-2:00 standing rest in between Cool down 2 miles</p> <p>Girls: 8 x 400m at 1600 race pace with 1:30 recovery in between 4 x 80m all-out with 1:30-2:00 rest in between finish with Hip Strength/Ankle Mobility circuit</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: 2 mi. warm-up Drills</p> <p>8 x 400m with 50m/50m pick-ups and 300m rest in between, then tag 200m, then go into plyometric routine (wall jumps > frog jumps > bleachers hops)</p> <p>Girls: add Squat/Lunge Strength Circuit</p> <p>Everyone: Cool-down with 800m barefoot + ankle stability/mobility routine</p>	<p>Location TBD</p> <p>Everyone: 60-90 min. OD Run Tempo pace last ~15-20 min. or 5 x 1:00 "ups" at 5K race pace with 3:00 rest in between</p>	
Total Miles:	8.5	7	9	7	6	14	51.5
#11 (Apr 20)	Tempo Fountaingrove	EZ ???	I RVMS Track	EZ ???	EZ RVMS Track	OD ???	Sun: EZ 5 miles
	<p>Everyone: Everyone: 1-1.5 mi. warm-up + Drills</p> <p>Boys: 3 x 1 mile tempo with 3:00 rest in between, then 1 x (600m-400m-300m-200m) (600m at 3200m pace, 400m at 1600m pace, 300m/200m faster; all with 300m jog recovery in between) Cool Down 1.5-2 miles</p> <p>Girls: same as Boys, but 2 x 1 mile tempo, then add 100m Squat/Lunge Strength Circuit and 1 mile EZ cool down</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: Everyone: 1-1.5 mi. warm-up + Drills</p> <p>Boys: 6 x 400m at 1600 race pace (cut down every one faster than previous one) with 200m walk/jog recovery, then 3:00 standing rest, then 4 x 200m at 800m pace with 400m slow walk/ jog recovery in between. Cool down 2 miles</p> <p>Girls: same as Boys, but 4 x 400, then 4 x 200m then finish with 100m Squat/Lunge Strength Circuit and 1 mile EZ cool down</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: Pre-Race day routine</p>	<p>Location TBD</p> <p>Everyone: Fitness Check! TBD Race Simulation Workout + 5-6 miles cool-down add Plyometrics from typical Speed Day Routine</p>	
Total Miles:	8	7	9	7	4	11	51
#12 (Apr 27)	Tempo Fountaingrove	EZ ???	I MCHS	EZ ???	EZ RVMS Track	OD ???	Sun: EZ 5 miles
	<p>Everyone: Everyone: 1-2 mi. warm-up + Drills</p> <p>Boys: 4 miles steady tempo, cut down last 1 mile, cool down 1.5-2 miles</p> <p>Girls: same as Boys, but 3 miles steady tempo, then add 100m Squat/Lunge Strength Circuit and 1 mile EZ cool down</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: Everyone: 1-1.5 mi. warm-up + Drills</p> <p>Boys: 1 mile tempo warm-up, then 4:00 rest, then 4 x 400m at 1600 goal race pace with 300m walk/jog recovery, then do 4 x 400m with 50m/50m pick-ups with 300m rest in between, then 2 miles EZ cool down</p> <p>Girls: same as Boys, but tempo 1K, then and 1 mile EZ cool down</p>	<p>EZ recovery run</p> <p>Girls and JV Boys: 10-15 min. Upper Body/Core Work + Ankle stability/mobility</p>	<p>Everyone: Pre-Race day routine</p>	<p>Details TBD</p> <p>Virtual Race Day!</p>	
Total Miles:	7.5	7	7.5	6	4	10	47