

2020 MARCH MCHS TRACK & FIELD (1600-3200m) DISTANCE TRAINING (3/15/20)

Week	Mon		Tue		Wed		Thu		Fri		Sat		Total Miles
	Tempo + Interval	Channel	EZ	Howarth	I	MCHS	EZ	Howarth	Speed	MCHS	OD	TBD	
#5 (Mar 09)	<p>Everyone: 1.5 mi. warm-up + Drills at base of Richardson Hill</p> <p>Boys: 2-2.5 mi. steady tempo; run back down to hairpin turn; 6 x :30 up hard (rest for each :30 interval is walk down) then EZ jog back down hill</p> <p>Girls: Do 1.5-2.0 mi. Steady tempo; then 5 x :30 up hard (rest is walk down), then EZ jog back, finish with 100m walk lunge and jump squat strength circuit</p> <p style="text-align: center;">Roll/Stretch OYO</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 steady tempo warm-up (3:00 rest) > 5 x 300m at 1600 pace (200m recovery) > 3 x 600m at 3200m pace (400m recovery) > Spike Up > 2 x 400 (Fast > 4:00 rest > Faster)</p> <p>Girls: 1 mile tempo warm-up (3:00 rest) > 3 x 600m at 3200m pace (400m recovery) > Spike Up > 5 x 300m at 1600 pace > Tag 400 > Hip Strength/Ankle Mobility Circuit</p> <p style="text-align: center;">Roll/Stretch OYO</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 laps on track with 50m/50m pick-ups, then go into plyometric routine (wall jumps > frog jumps > bleachers hops)</p> <p>Girls: + Squat/Lunge Strength Circuit</p> <p>Everyone: Cool-down with two barefoot laps + ankle mobility and roll/foot massage</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>		<p>Sun: Zero Day!</p> <p>...rest! Sleep-in!</p>
Total Miles:	9.5		7		9		7		6		14		52.5
Week	Mon		Tue		Wed		Thu		Fri		Sat		Total Miles
	I	MCHS	EZ	Howarth	Tempo	MCHS	EZ	Howarth	Speed	MCHS	OD	TBD	
#6 (Mar 16)	<p>Everyone: 1.5 mi. warm-up + Drills</p> <p>Boys: 5-7 x 800 on the track (first 500m start with 5K race pace > next 300m finish with 1600m race pace (recovery super-slow 400m walk/jog); try to cut-down last few at 3200m race pace > 1600m race pace (spike-up last 2 800s; don't take too long rest)</p> <p>Girls: same as Boys, but 5 x 800, then 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>1.5 mi. warm-up + Drills at base of Richardson Hill</p> <p>Boys: 2-2.5 mi. steady tempo Option 5-6 x :20 up Richardson sprints (at bottom of hill) and/or 6 x :15 "ups" on way back on Channel with :45 rest in between as part of cool-down</p> <p>Girls: 1.5-2.0 miles + Squat/Lunge Strength Circuit</p> <p style="text-align: center;">Roll/Stretch OYO</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 laps on track with 50m/50m pick-ups, then go into plyometric routine (wall jumps > frog jumps > bleachers hops)</p> <p>Girls: + Squat/Lunge Strength Circuit</p> <p>Everyone: Cool-down with two barefoot laps + Hip Strength/Ankle Mobility circuit</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>		<p>Sun: Zero Day!</p> <p>...rest! Sleep-in!</p>
Total Miles:	8		7		8		7		6		14		50
Week	Mon		Tue		Wed		Thu		Fri		Sat		Total Miles
	I	Channel	EZ	Howarth	Tempo + Interval	MCHS	EZ	Howarth	Speed	MCHS	OD	TBD	
#7 (Mar 23)	<p>1.5 mi. warm-up + Drills at base of Richardson Hill</p> <p>"Race-up Richardson" Varsity = 2 mi. / Girls + JV = 1.5 mi. Steady fast pace (5K race pace effort or faster); launch in order of slow > fast, give each other "head-starts" based on PR; if done right, everyone should finish together at the end...</p> <p>6 x :15 "ups" on Channel cool-down with :45 rest in between</p> <p>Girls: Finish with 100m lunge walks and Squat jumps 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>1.5 mi. warm-up + Drills</p> <p>Boys: 4-5 x 1mile tempos (3:00 rest in between) > spike-up > 3 x 600m at 3200m race pace (with first 200m and last 200m at 1600 race pace)</p> <p>Girls: 3 x 1 mile tempo (3:00 rest in between) > spike-up > 3 x 600m at 3200m race pace (with first 200m and last 200m at 1600 race pace)</p> <p>Finish with Hip Strength/Ankle Mobility circuit</p> <p style="text-align: center;">Roll/Stretch OYO</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 laps on track with 50m/50m pick-ups or (for more speed endurance) 8 laps with 100m at 10-15% faster than 1600 PR pace Example: a 4:20 1600 PR = 16.25/100m, 10% faster = 3:56 or 14.7/100m</p> <p>Everyone: IF you do 16x100m, this will make your glutes tight; be sure to roll/stretch after + on Saturday!</p> <p>Boys: do plyometric routine (wall jumps > frog jumps > bleachers hops)</p> <p>Girls: Add squat/Lunge Strength Circuit</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>		<p>Sun: Zero Day!</p> <p>...rest! Sleep-in!</p>
Total Miles:	8		7		9		7		6		14		51