

2020 MARCH MCHS TRACK & FIELD (800m) 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: .75 miles steady at 5K race pace to hairpin turn > rest 4-5:00, then 6 x :20 up hill at ~800m race effort (rest for each :20 interval is walk down) > EZ jog back.</p> <p>Girls: Finish with 100m Lunge walks/squat jumps</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 mi. warm-up + Drills</p> <p>1K steady tempo warm-up (3:00 rest) > spike-up > 3 x (300m > 200m) at faster than 800m race pace (300m walk/jog recovery OK to take 400m before last set) > rest 5:00 > Tag 300m > cool-down 1 mile, include 2 laps barefoot</p> <p>Girls: incorporate hip and ankle stability/mobility routine</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 style="text-align: center;">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>	38
Total Miles:	6		6		6		5		6		9		38	
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: 1mi. warm-up + Drills</p> <p>Boys: 4 x 400 on the track at 1600m race pace (with 300m walk/jog recovery in-between) > rest 4:00 and spike-up > 4 x 200m at 800m race pace</p> <p>Girls: same as Boys, but 3 x 400m + 3 x 200m, 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: 1.5 mi. steady tempo Option for 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: same but finish with 100m lunge walks 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: 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 style="text-align: center;">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>	39
Total Miles:	6		6		7		5		6		9		39	
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 style="text-align: center;">"Race-up Richardson"</p> <p>Everyone: 1 mile race</p> <p>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 mi. warm-up + Drills</p> <p>Everyone: 4 x 1K tempo (3:30 rest in between) > rest 5:00 and spike-up > do 200m > 300m > 200m at faster than 800m race pace (super slow walk-jog 400m recovery in between) > cool down 1 mile, include 2 laps barefoot</p> <p>Girls: same but 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 1600m PR = 16.3 per 100m, 10% faster = 3:54 1600m or 14.7 per 100m)</p> <p>Everyone: IF you do 16x100m, this will make your glutes very 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 style="text-align: center;">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>	39
Total Miles:	6		6		7		5		6		9		39	