

<p>February '21 - Early Spring MCHS Distance Training (2/8/21 - 3/20/21 = 6 wks) - Spring Break 3/22-3/26 -</p> <p>TRAINING EMPHASIS: Preparation/transition to next "Competition" or "VO2-max" Phase Workouts (Date of this release: 2/10/21)</p>	<p>MON</p> <p>Richardson Hill or FG Hill (Strength)</p> <p>Always do form drills prior to this workout!</p>	<p>TUE</p> <p>Recovery Run</p>	<p>WED</p> <p>Track (VO2-Max Acclimation)</p> <p>Always do form drills prior to this workout!</p>	<p>THU</p> <p>Recovery Run</p>	<p>FRI</p> <p>Track (Speed)</p> <p>Always do form drills prior to this workout!</p>	<p>SAT</p> <p>9AM OD Run (Endurance)</p>	<p>WEEKLY MILEAGE RANGE</p>
<p>VARSITY BOYS TRAINING COHORT (Training Leads Bold Font)</p> <p>Jacob D, Noe V, Simon P, Oswaldo R, Adam M, Bryce L, Dante B, Logan D, Jason P, Misha C, Jon D, Benji C, Noah V, Sean G, Jack G, Dustin H</p>	<p>a) First 2 wks: 2.0-2.5 mi > Next 2 wks: 1.5 + 5 x :20 "ups" > Next 2 wks: 6-7 x 3:00 up/standing 2:00 rest at 5K effort</p> <p>b) First 3 wks: 1.5 mi (between tempo/5K effort); jog down to "J", then 5 x :20 ups > Next 3 wks: 6-7 x 3:00 up/standing 2:00 rest at 5K effort</p> <p>c) FG Hill Option: First 3 wks: 6 x ~550m first segment to Chanate Rd. underpass x 2 wks > Next 3 wks: 7 x 550m (Finish with cut-down 1600m on track)</p>	<p>6-7 miles EZ Pace + Core</p>	<p>First 3 wks: 4-5 x 5:00 (tempo to 5K race pace) with 3:00 standing rest in between</p> <p>Next 3 wks: 3 x 5:00 + 3 x 1K > 2 x 5:00 + 4 x 1K > 1 x 5:00 + 4 x 1K (5:00 segment standing rest = 3:00 1K rest = 2:30-2:45)</p>	<p>6-7 miles EZ Pace + Core</p>	<p>6-8 x 50m accelerations > Bounding Drills (option to tag 300m or 400m) > Finish with Plyos</p>	<p>OD Run (13 mi. for 3 weeks, then cut down to 12 mi > 11 mi > hold at 10-11 mi)</p>	<p>45-60</p>
<p>JV BOYS TRAINING COHORT (Training Leads Bold Font)</p> <p>Nicholas G, Gavin N, Alex B, Grant S, Isaiah F, Gabe S, Akil F, Deion M</p>	<p>FG Hill: First 2 wks: .75 mi up steady between tempo-5K race effort/recovery jog to bottom, then 4 x :20 ups (jog recovery down; standing 1:00 rest) Next 2 wks: 3-4 x ~550m first segment to Chanate Rd. underpass (jog recovery down to bottom of hill) Next 2 wks: 4-5 x 550m (Finish with cut-down 1600m on track)</p>	<p>4-5 miles EZ Pace + Core + 2 laps barefoot</p>	<p>First 3 wks: 3 x 5:00 (tempo to 5K race pace) with 3:00 standing rest in between</p> <p>Next 3 wks: 4 x 5:00 cut down with 3:00 rest (When done, rest 6:00, then finish with 2 x 300m at goal mile pace with 3:00 standing recovery in between)</p>	<p>4-5 miles EZ Pace + Core + 2 laps barefoot</p>	<p>4-6 x 50m accelerations > Bounding Drills (option to tag 300m or 400m) > Finish with Plyos</p>	<p>OD Run (Progress from 45-60 minute steady runs)</p>	<p>25-40</p>
<p>VARSITY GIRLS TRAINING COHORT (Training Leads Bold Font)</p> <p>Nicole M, Lucy G, Rebekah T, Vivien M, Avery H, Carmen J, Ella C, Ally G, Brooke C, Josephine R, Gracie T</p>	<p>a) First 2 wks: 2.0 mi > Next 2 wks: 1.5 + 4 x :20 "ups" > Next 2 wks: 6 x 3:00 up/standing 2:00 rest at 5K effort</p> <p>b) First 3 wks: 1.5 mi (between tempo/5K effort); jog down to "J", then 4 x :20 ups > Next 3 wks: 6 x 3:00 up/standing 2:00 rest at 5K effort</p> <p>c) FG Hill Option: First 3 wks: 5 x ~550m first segment to Chanate Rd. underpass x 2 wks > Next 3 wks: 6 x 550m (Finish with cut-down 1600m on track)</p>	<p>5-6 miles EZ Pace + Core + Glute/Hip + 2 laps barefoot + Ankle Stability</p>	<p>First 3 wks: 4 x 5:00 (tempo to 5K race pace) with 3:00 standing rest in between</p> <p>Next 3 wks: 2 x 5:00 + 3 x 1K > 1 x 5:00 + 4 x 1K x 2 wks (rest for both 5:00 segments and 1K = 3:00)</p>	<p>5-6 miles EZ Pace + Core + Glute/Hip + 2 laps barefoot + Ankle Stability</p>	<p>6 x 50m accelerations > Bounding Drills (option to tag 300m) > Finish with Plyos</p>	<p>OD Run (10-11 mi. for 3 weeks, then level out at 9-10 mi)</p>	<p>35-45</p>
<p>JV GIRLS TRAINING COHORT (Training Leads Bold Font)</p> <p>Isabella M, Mia C, Sarah K, Leyna G, Lily C, Kira M, Ella J, Nola M, Myrea H, Catherine L, Nora T, Sara R</p>	<p>FG Hill: First 2 wks: .75 mi up steady between tempo-5K race effort/recovery jog to bottom, then 4 x :20 ups (jog recovery down; standing 1:00 rest) Next 2 wks: 3-4 x ~550m first segment to Chanate Rd. underpass (jog recovery down to bottom of hill) Next 2 wks: 4-5 x 550m (Finish with cut-down 1600m on track)</p>	<p>4 miles EZ Pace + Core + Glute/Hip + 2 laps barefoot + Ankle Stability</p>	<p>First 3 wks: 3 x 5:00 (tempo to 5K race pace) with 3:00 standing rest in between</p> <p>Next 3 wks: 4 x 5:00 cut down with 3:00 rest (When done, rest 6:00, then finish with 2 x 300m at goal mile pace with 3:00 standing recovery in between)</p>	<p>4 miles EZ Pace + Core + Glute/Hip + 2 laps barefoot + Ankle Stability</p>	<p>4-6 x 50m accelerations > Bounding Drills (option to tag 300m or 400m) > Finish with Plyos</p>	<p>OD Run (Progress from 45-60 minute steady runs)</p>	<p>25-35</p>