

# 2022 FEBRUARY (WK #1 - #3) MCHS TRACK & FIELD DISTANCE TRAINING (2/15/22)

Week	Mon		Tue		Wed		Thu		Fri		Sat		Total Miles	
#1 (Feb 7)	T + I	MC Track	EZ	Howarth Pk.	I + Strength	Channel Dr.	EZ	Howarth Pk.	R	MC Track	OD	Park Trail	Sun: Zero Day! (rest!)	
	<p style="text-align: center;"><b>First Day of Practice!</b></p> <p><b>Varsity:</b> 1600m Tempo warm-up &gt; 3:00 standing rest &gt; 12 x 200m with rest = run time / 1 lap slow jog every 6 laps; (spike-up last 2 reps)</p> <p><b>JV:</b> 1200m Tempo warm-up &gt; 3:00 standing rest &gt; 12 x 200m with rest = run time / 1 lap slow jog every 4 laps</p> <p><b>3200m:</b> 8 x (200-400) at 3200m goal race pace (for 400)</p> <p><b>Note:</b> 200m pacing = March 5 Big Cat 1600m Goal Time <b>+ WEIGHTS!</b></p>													
	<p style="text-align: center;"><b>Richardson Hill "ups"!</b></p> <p><b>Varsity:</b> 6-7 x 2:00 Ups with 2:30 standing rest</p> <p><b>JV:</b> 6 x 2:00 Ups with 3:00 standing rest</p> <p><b>3200m:</b> 6-7 x 3:00 Ups with 2:30 rest</p> <p><b>"ups" are at 5K race pace effort</b></p> <p>Cool down back includes 6 x :15 "ups" with :45 rest in between</p>													
<b>Varsity Total Miles:</b>	8		6		8		6		6		11		45	
<b>JV Total Miles:</b>	6		5		6		5		5		8		35	
#2 (Feb 14)	I + Strength	Channel Dr.	EZ	Howarth Pk.	T + I	MC Track	EZ	Howarth Pk.	R	MC Track	OD	Park Trail	Sun: Zero Day! (rest!)	
	<p style="text-align: center;"><b>- NO SCHOOL - Richardson Hill "ups"!</b> (group meeting 9AM Channel Dr.)</p> <p><b>Varsity:</b> 7-8 x 2:00 Ups with 2:30 standing rest (faster than last wk)</p> <p><b>JV:</b> 6-7 x 2:00 Ups with 3:00 standing rest</p> <p><b>3200m:</b> Steady 2.5-3.0 Tempo &gt; 5 x :20 "ups" at bottom on hill</p> <p><b>"ups" are at 5K race pace effort</b></p> <p>Cool down back includes 6 x :15 "ups" with :45 rest in between</p>													
	<p style="text-align: center;"><b>Key Workout Day!</b></p> <p><b>Varsity:</b> 1600m Tempo warm-up &gt; 3:00 standing rest &gt; 5 x (200-400) with 200 slow jog rest in between (spikeup last rep)</p> <p><b>JV:</b> 1200m Tempo warm-up &gt; 3:00 standing rest &gt; 5 x (200-400) with standing :45 rest in between each rep (spike-up last rep)</p> <p><b>3200m:</b> 4 x (200-400-600) with 600 at 3200m goal race pace with rest = 75% of run time (spike-up last rep) <b>+ WEIGHTS!</b></p>													
<b>Varsity Total Miles:</b>	8		6		8		6		7		11		46	
<b>JV Total Miles:</b>	6		5		6		5		5		8		35	
#3 (Feb 21)	EZ	Howarth / OYO	I + S	Channel Dr.	EZ + TT	MC Track	T + I	MC Track	EZ	Howarth Pk.	OD	Park Trail	Sun: Zero Day! (rest!)	
	<p style="text-align: center;"><b>- NO SCHOOL - EZ recovery run (OYO or meet with group at Howarth Park 9AM) + 15 min. Rolling/Stretching/Mobility work (optional 4-5 x 60m strides) Option + WEIGHTS (at MC)</b></p>													
	<p style="text-align: center;"><b>Richardson Hill "ups"!</b></p> <p><b>Varsity:</b> 7-8 x 2:00 Ups with 2:30 standing rest (faster than last wk)</p> <p><b>JV:</b> 6-7 x 2:00 Ups with 2:30 standing rest</p> <p><b>3200m:</b> 6-7 x 3:00 Ups with 2:30 rest</p> <p><b>"ups" are at 5K race pace effort</b></p> <p>Cool down back includes 6 x :15 "ups" with :45 rest in between</p>													
<b>Varsity Total Miles:</b>	6		8		6		8		6		12		46	
<b>JV Total Miles:</b>	5		6		4		6		5		8		34	

Week #	Event	Reps	Interval Dist.	Total Dist.	x1600/3200
	<b>1600m:</b>	16	200	3200	2.00
1)	14 x 200	14	200	2800	1.75
2)	5 x 200-400	5	600	3000	1.88
3)	5 x 300-200-100	5	600	3000	1.88
4)	<b>Big Cat</b>				
5)	8 x 400	8	400	3200	2.00
6)	<b>Dublin</b>				

Week #	Event	Reps	Interval Dist.	Total Dist.	x1600/3200
	<b>3200m:</b>				
1)	8 x (200-400)	8	600	4800	1.50
2)	4 x (200-400-600)	4	1200	4800	1.50
3)	5 x (400-600)	5	1000	5000	1.56
4)	<b>Big Cat</b>				
5)	8 x 600	8	600	4800	1.50
6)	<b>Dublin</b>				