

Spring Break Workouts: Distance

It would be ideal to do each TWICE if possible as you will be away from practice for 10 days!!

*warm-up and drills before each workout and warm-up/ cool down 5-7 minutes each on workouts 2 and 3)

*warm-ups and cool downs are slow!!

WORKOUT 1: 3 minutes easy, 2 minutes moderate, and 1 minute hard (2-3x for group A, 3 -4x for group B, 4-5x for group C)

Strength: 2 x 15 donkey kicks on each leg, 2 x 15 fire hydrants on each leg

WORKOUT 2 Cutdown run

Group A- 15 min with last 3 min being HARD 80%

Group B- 25 min. Every 5th min will be hard.

Group C- 30 min. Every 5min your pace needs to increase (10-15sec). Last 5 min should be around 80%

WORKOUT 3: These workouts will mimic repeats on the track.

Group A: 4x 1:30 @ 80%

Group B: 4 x 3 minutes @ 80%

Group C: 4 x 4 minutes @ 80%

Strength: 60 sec planks (15,15,30) x 2, 2 x 15 leg circles (big and small) on each leg

Make sure you get 2 Long runs in.

long run- (A)20 minutes (B) 25 or 30 minutes (C) 35 minutes with 4 strides after.

Strength: 15 push-ups x 2, 50 crunches, 2 x 10 squats (both two-legged and 1-leg)