

## 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  
400/800 group (x3) 800/1600/2400 group (x5)

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

**WORKOUT 2** Cutdown run

400/800 group- 15 min with last 3 min being HARD 80%

800/1600/2400- 25 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.

400/800 group: 6x 1:30 @ 80% (equal rest)

800/1600/2400 Group: 4 x 3 minutes @ 80% (equal rest)

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- (400/800)20 minutes (800/1600/2400) 30 minutes Strength: 15 push-ups x 2, 50 crunches, 2 x 10 squats (both two-legged and 1-leg)

