

DISTANCE RUNNERS: Spring Break Workouts

Name _____

Our season is so short, we would like for athletes to get some training in over the week of spring break. It's more fun to meet with a teammate who has a similar pace to your own. (You can still run while you are traveling, just be smart about it!)

Date	Older, More Experienced Runners	Younger, Newer Runners
Saturday 3/22	*Run long. Time yourself and see how many minutes you can run w/out stopping. *Stretch.	*Run long. Time yourself and see how many minutes you can run w/out stopping. *Stretch.
Sunday 3/23	Off	Off
Monday 3/24	*Brief warm up jog. *Dynamic Drills *Fartlek Run. "Speed play" ... Go 1 block easy, 1 block up tempo. Total of 25-30 minutes. *Stretch.	*Jog for 3-5 minutes. *Dynamic Drills: High Knees, Nick Shorts, High Skips, Side Swings, Karyoke, Toe/Heel Walk. *2-3 Acceleration Runs (start easy, build to faster pace, ease out. 50+ meters or about ½ a block.) *Stretch.
Tuesday 3/25	*Run for 15-30 minutes, depending on your level of fitness. Easy pace. *Dynamic Drills. *Core Work, Push-Ups, Leg Lift Routine *Stretch.	*Jog for 3-5 minutes. *Dynamic Drills *Core Work, Push-Ups, Leg Lift Routine *Stretch.
Wednesday 3/26	Off	
Thursday 3/27	*Warm Up 5 min. *Dynamic Drills *Speed Play for ___ minutes. Fast pace for 30 seconds, easy pace 1 min. Experienced runners= 10 times *Cool down and stretch.	*Jog for 3-5 minutes. *Dynamic Drills *Run ½ the block easy, ½ the block at a faster pace. See how many times you can do this. *Stretch.
Friday 3/28	*Run for 15-30 minutes, easy pace. *Dynamic Drills. *Core Work, Push-Ups, Leg Lift Routine *Stretch. (or off if needed)	*Jog for 3-5 minutes. *Dynamic Drills *Core Work, Push-Ups, Leg Lift Routine *Stretch. (or off if needed)
Saturday 3/29	*Run long. Time yourself and see how many minutes you can run w/out stopping. *Stretch.	*Run long. Time yourself and see how many minutes you can run w/out stopping. *Stretch.
Sunday 3/30	Off	

Key Dynamic Drills:

High Knees, Nick Shorts, High Skips, Side Swings, Karaoke, Toe/Heel Walk.