

# Alhambra Track Distance Workouts

7 weeks from April 12 - May 30

Scheduled start date for summer running - - Monday, June 1 8:00 a.m. AHS upper parking lot

## Workout Groups:

- A -- have been running regularly
- B -- have been running once in a while
- C -- have not been running much at all

## Distance Runs: 3-5 days a week

- A -- 60-75 minutes
- B -- 45-60 minutes
- C -- 30-45 minutes

- 2-3 of these runs should be longer and a bit easier
- 1-2 of these runs should be shorter and faster

## Interval/Track Workouts: 1-2 days a week

	Strides	200	400	800	1000
A --	x 3-5	x 10-16	x 8-12	x 4-6	x 3-5
B --	x 2-4	x 8-12	x 6-10	x 3-5	x 2-4
C --	x 1-2	x 6-10	x 6-8	x 3-4	x 2-3

- 1 set of strides is 4 laps of jog the turns, 10 quick steps and run the straights
- rest in between each repetition is about 1-2 minutes for 200's and 400's, 2-3 minutes for the 800's and 1000's, and 4-5 minute for the strides.

## Paces - - based on mile PR

Mile PR	Distance long min/mile	Distance short min/mile	200	400	800	1000
4:45	7:25	6:20	35	72	2:35	3:30
5:00	7:40	6:30	36	75	2:45	3:40
5:30	8:20	7:00	41	84	2:55	4:00
6:00	9:00	7:30	44	88	3:20	4:25
6:30	9:40	8:00	48	95	3:55	4:45
7:00	10:00	8:30	51	100	4:15	4:55
7:30	10:45	9:00	54	105	4:10	5:20

## Variations:

### Distance

- wear a watch
- if you want to run faster than the target pace, feel free.
- if you find yourself running slower than target pace, at least stay consistent.
- do a mile time trial every 2-3 weeks to see your improvement.

### Track work

- wear a watch
- if you find yourself running faster than target pace, by all means run faster
- if you find yourself running slower than target pace, at least stay consistent
- can't get to a track? Measure out a distance in a park, on a trail, on your street in front of your house. I'm sure you can find at least 100 meters and then do the necessary loops to make the recommended distance.
- do surges within a distance run - - 30 - 60 seconds hard, 3 minutes easy. Repeat multiple times.