

# Alhambra Summer Distance Workouts - -

## Week 7: 8/8 - 8/15    Week 8: 8/16- 8/22

Our season is now further away, with a scheduled start of 12/14. That's 4 months away, which essentially gives us a 2nd summer to get ready for the season.

Some of you have been running regularly. Some of you have been running once in a while. Some of you haven't run much at all. Well, good news . . . we've got plenty of time to get in the miles and the effort to be the best team we can some December 14.

There has been no official statement of yet from the school since the conditioning permission was yanked 1 1/2 weeks ago. Your coaches are working to find some way to establish workouts groups again.

Still, we need to run, and here is the schedule to go by independently. Find your mile PR range on the chart below, and from there establish your distances and paces for the runs. The Alhambra track is still open, so you can use that for the short workouts.

### Week 7

Sun OYO - - run comfortably minimum minutes of your group  
 Mon Long Run - - run maximum minutes or miles of your group  
 Tues Medium Run - - run minimum minutes of your group  
 Wed Speed work - - 200's according to the chart below  
 Thur Medium Run - - run minimum minutes of your group  
 Fri Tempo/Threshold - - 800's according to the chart below  
 Sat Medium Run - - run minimum minutes of your group

### Week 6

Sun OYO - - run comfortably minimum minutes of your group  
 Mon Long Run - - run maximum minutes or miles of your group  
 Tues Medium Run - - run minimum minutes of your group  
 Wed Speed work - - 400's according to the chart below  
 Thur Medium Run - - run minimum minutes of your group  
 Fri Tempo/Threshold - - 1000's according to the chart below  
 Sat Medium Run - - run minimum minutes of your group

### Workout Groups:

<b>A</b>	<b>B</b>		<b>C</b>
Carson	Nicole	Kaelyn	Erica
Nolin	Ali	Reyna	Rebecca
Tyer	Kylee	Jenny	Ethan
Ben	Michael		Skye
Sam D	Jonas		Noura
Colby	Aaron		Pearla
Vince	Sam R		Chris
Renae	Alexia		Laila
	Joaquin		Reina

**Warmups:**  
 1. Warmup - - 1 mile  
 2. Drills  
 3. Strides - - unless you do them as cooldown

**Cooldown:**  
 1. Strides - - unless you do them as warmup  
 2. Core

### Distance Runs: 4 days a week

A - - 60-75 minutes or 5-8 miles  
 B - - 45-60 minutes or 4-6 miles  
 C - - 30-45 minutes or 3-4 miles

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

	Strides (Every day)	Sprint 200	400	Tempo/Threshold 800	1000
A - -	x 6-8	x 10-16	x 8-12	x 4-6	x 3-5
B - -	x 6	x 8-12	x 6-10	x 3-5	x 2-4
C - -	x 6	x 6-10	x 6-8	x 3-4	x 2-3

• rest in between each repetition is about about 1-2 minutes for 200's and 400's, 2-3 minutes for the 800's and 1000's. Strides are continuous - - jog the turns, sprint the straights

### Notes:

#### Distance

- wear a watch
- try to run within the target pace
  - 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.
- we will have a mile time trial every 2-3 weeks to see your improvement.
- runners should try to run 5-7 days a week.

#### Track work

- wear a watch
- running faster than target pace? by all means run faster
- running slower than target pace? at least stay consistent
- can't get to a track? Measure out a distance somewhere 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.

### Paces - - based on mile PR

Mile PR	Distance easy	Distance Hard	200	400	800	1000
	min/mile	min/mile	target time	target time	target time	target time
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