Alhambra Summer Distance Workouts - -   Week 5: 7/26 - 7/8/1   Week 6: 8/2 - 8/8

Workout Groups:

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

> **Description** - - Most of you have been running regularly and are getting into better shape. These workouts are designed to continue that process.   Everything is. bit longer and a bit faster, with some track work added. Until we get the go-ahead to resume workouts, we all need to be individually motivated to do the work necessary.

Distance Runs: 4 days a week
A - - 60-75 minutes or 5-8 mile
B - - 45-60 minutes or 4-6 mile
C - - 30-45 minutes or 3-4 miles

> **Warmups:**
> 1. Warmup - - 1 mile
> 2. Drills
> 3. Strides - - unless you do them as cooldown
> **Cooldown:**
> 1. Strides - - unless youdo them as warmup
> 2. Core

Week 5
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

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

Paces - - based on mile PR

Mile PR	Distance easy min/mile	Distance Hard min/mile	200 target time	400 target time	800 target time	1000 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
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.
• we will have a mile time trial every 2-3 weeks to see your improvement.

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 somewheren 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.