

Alhambra Distance Virus Workouts March 15 - - April 12

Where we are in the season - -

This is Week 6 out of a 12 week season. Not only does this mean that we are half way through our regular competitive season, we are also at a point in the workouts where we need to "keep our foot on the pedal"; that is, we can't afford to let up on the frequency and intensity of the workouts if we want to maximize our performances as we get into the championships.

OK, there just might not be a championship phase to the season. Granted. The near future of the path this disease will take is uncertain, and guesses are just about the only thing we have to go on. Still . . . it would be a shame to waste all this training and let it slide. And if, in 4-6 weeks, there might be a semblance of the return of the sport, even in a limited fashion, it would be nice to have continued the workouts and be ready.

To continue:

This upcoming 4 week period of the workout calendar is perhaps the most important section of the season. We have gone through two essential parts already - - the general preparation stage, and the first level of increased effort.

General Preparation - - the veterans needed some time to get their legs back under them and start to remember the routine of a complete workout. The rookies needed to get into a basic level of fitness, enough to be able to handle the entire workout with confidence. This was the first three weeks of the season.

First level of intensity - - This is the phase we are just finishing up. The workouts have more structure, the distance runs are a bit longer or quicker, the interval work on the track now has an increased pace, the warmups are longer. The first effect of this is of course a bit of soreness, and then the increased level of confidence as the body acclimates to the increased demand. Hopefully we would have been having regular meets, once or twice a week, so the athletes could have seen the results of their increased fitness. Well, that hasn't happened.

And now: the second level of intensity - - In the next week or two we would have been (and hopefully will still be) moving our workouts to another bump in intensity. By this time, workout routines would have been well-established and the athletes would have reached a level of comfort and fitness in order to move on to a more challenging set of workouts. This was scheduled to have continued through the Spring Break, and at that point we would plateau the workouts and give the athletes about two weeks of steady state comfortable workouts to "tune up" for the championship meets which are scheduled to start in early May.

Workout Structure:

The following charts outline the structure of the workouts I would like to have the runners follow as much as possible in the 4 weeks we have of no school, no track, no direct contact. The distance athletes have been categorized into general workout groups, based on their performances so far. For each group, there are recommended parameters of either the speed of the workout, or the duration of the workout. These are recommendations. If on any given day the athlete is able to perform faster or slower than the recommendations, there is no worry. The real goal is consistency.

Alhambra Distance runners:	
By Grade	By Workout Grouping
<u>Boys:</u>	
Senior - -	A + Carson
Carson Edwards	A Ryan
Junior - -	Colby
Ryan McCauley	Nolin
Kai Badanavic	Tyler
Sophomore - -	B Sam
Colby Thompson	Kai
Nolin Searls	Michael
Sam DiBetta	
Michael Lano	C Cristian
Cristian Navarro	Joaquin
Joaquin Hinkens	Kylee
Ethan Muth	
Freshman - -	D Ethan
Tyler Allan	Caleb
Caleb McCauley	Skye
<u>Girls</u>	
Senior - -	Aerolon
Junior - -	Alexis
Skye McKinsey	Julia
Sophomore - -	E Mia
Kylee Phillips	Valeria
Aerolon Nhingsavath	Kristina
Mia Padrique	Alaina
Freshwoman - -	
Alexis Hisquierdo	
Julia Hutchens	
Valeria Espinoza	
Kristina Vergara	
Alaina Lipary	

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Weekly Workout recommendations:

Warmups: before each weekday workout

- 1 mile run
- 8 x 100 meter strides, 100 meter jog in between
- active flexibility drills
- leg swings on fence

Cooldown: after each weekday workout

- 10 minute jog
- core work
- additional stretching

Distance Run target paces - - minutes per mile

Groups

A+ & A	6:30 - 7:30 pace
B & C	7:30 - 8:30 pace
D	8:30 - 9:30 pace
C	10:00 - 11:00 pace

Week 6 - - Week of March 15 - March 21

Sunday 3/15 OYO

A+, A	75+ minutes continuous
B, C	60 minutes continuous
D, E	45 minutes continuous

Monday 3/16 Distance 8-6-4-3 miles

	Recommendation - - Franklin Cyn Road
A, A+	To McEwan Road and back
B, C	Orange Gate and back
D, E	Louie Lane and back

Tuesday 3/17 800 repeats

A+, A	5-6 @ 2:25-2:40; 3 minute rest
B, C	4-6 @ 2:45-3:00; 3 minute rest
D, E	3-5 @ 3:30-4:00; 4 minute rest

Wednesday 3/18 Distance 6-4-3

	Recommendation - - to the Marina
A+, A	Marina plus varsity course
B, C	Marina plus duck pond
D, E	to the Marina bathroom and back

Thursday 3/19 Segmented intervals:

	800 runners: 6-8 400's	1600/3200: 2 x 2 mile
	2 min rest; full lap after 3-4	10-12 minute rest
A+, A	66-70	11:00-11:40
B, C	70-77	12:00-13:00
D	78-85	14:00-15:00
E	85-95	15:00 ish

Friday 3/20 Distance - - Hills

	Recommendation: Hulet Hornbeck ridge
A+, A	To trestle, up hill, windmill and back
B, C	to trestle, up hill, lollipop tree and back
D, E	to trestle, up hill, down Knotzee

Saturday 3/21 OYO

A+, A	75+ minutes continuous
B, C	60 minutes continuous
D, E	45 minutes continuous

For the following weeks, the only parts that change are the Monday, Wednesday, and Friday distance days. The weekend OYO's and Tuesday & Thursday interval days stay the same.

Week 7 - - Week of March 22 - March 28

Monday 3/23 Distance 8-6-4-3

	Recommendation: Snake Road
A+, A	To the end and back
B, C	to the stop sign
D	past the graveyard to the 1st parking lot

Wednesday 3/25 Distance 6-4-3

	Recommendation: Nancy Boyd and beyond
A+, A	up Vine Hill Road to Morello
B, C	Veterinarian Hospital
D, E	Nancy Boyd

Friday 3/27 Hills 45 minutes continuous track/trail loops

A+, A, B, C	long loops
D, E	short loops

Week 8 - - Week of March 29 - April 4

Monday 3/30 Distance 8-6-4-3

	Recommendation: Snake Road
A+, A	To the end and back
B, C	to the stop sign
D	past the graveyard to the 1st parking lot

Wednesday 4/1 Distance 6-4-3

	Recommendation: Nancy Boyd and beyond
A+, A	up Vine Hill Road to Morello
B, C	Veterinarian Hospital
D, E	Nancy Boyd

Friday 4/3 Hills

All	to the top of Mt. Wanda
(possible ?	A+, A via Dutra)

Week 9 - - Week of April 5 - April 11

Monday 4/6 Distance 8-6-4-3

	Vine Hill Variations
A+, A	Vine Hill - - Center - - Main (or Brown)
B, C	Vine Hill - - Center - - Shell
D	Vine Hill - - Center - - Vista

Wednesday 4/8 Hills 6-4-3

	Recommendation: Up Knotzee variations
A+, A	up Knotzee to Franklin Canyon Trail Loop
B, C	Up Knotzee to Windmill
D, E	Up Knotzee to Lollipop

Friday 4/10 Distance - - destination run

	Out "D" Street/Shell to Pacheco Blvd to the Ace Hardware and back
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Consistency & Communication

1. There is no substitute for diligence. The hard part about all this is having to do it alone. This means personal motivation has to be high.
2. Working out with a partner or a group is always better. Efforts are in progress to put together a communications group of all the distance runners to work out a schedule so many of you can get together on a regular basis.
3. This is not an easy set of workouts. Please contact Coach Brewer with any concerns so we can make adjustments if necessary.

Coach Peter Brewer

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Considerations:

Injured, tweaked, sore athletes:

1. Cristian's shins are a constant concern. His alternatives are 45-60 minutes on a stationary bike, jogging barefoot on the grass, swimming laps in a pool.
2. Alaina's sore hip seems to be improving, but she needs to be careful and cut short workouts if it flares up.
3. Michael has mentioned soreness - - if this is just exercise related and not specific to any joint or muscle, sessions in a spa, jacuzzi, hot tub, or spa would help quite a bit
4. Kylee's calves have tightened up, and a strong muscle balm (anything at the drug store labeled "Extra Strength") is good. Even a series of aggressive massage sessions.

Notes:

1. **OYO = On Your Own** - - These are Saturday and Sunday runs. Normally these are family days outside or school time, unless we have a competition. The athlete is encouraged to choose a destination on his or her own, perhaps call a friend, and go on a longer run. These are not run at pace, but for a recommended length of time. Of course, it is running without walking.
2. **Timed intervals necessarily need a watch.** Having someone on the sideline with a watch calling out times is helpful, but an athlete only needs his or her own watch to accomplish these.
3. **Destination runs have recommended locations.** Logistics, time, transportation, et cetera may inhibit following the recommended routes, but there will be a series of maps posted on the team website (alhambtrack.org) for the runners to download and use as options. These are to be run at the recommended paces.
4. **Shoes. Shoes. Shoes. Shoes.**
There is no more profoundly important injury prevention device than good running shoes. These shoes need to be specifically designed running shoes, not general workout shoes. Please avoid general sporting good stores (Big 5, Dick's, et cetera) since they have no real interest in distance running. Better options are the well-regarded local shoe shops. My personal favorite is Forward Motion of Danville. They have an excellent staff and a generous return policy. If you know your size and your brand, on-line stores are a good option as well.
New shoes every 2-3 months. The shoe may look brand-new, but with daily running the cushioning wears down and ankle, shin, knee, and hip sorenesses start to emerge. If the shoes in use are over 2 months old, it's time for new ones.
5. **The watch.** All distance runners should have a wristwatch. It doesn't have to be fancy, but runners need to know elapsed time to stay on pace. Phones do not work, since they are bulky and and not easily checked while running.
6. **Phones in general** - - to carry a phone while running it is recommended to get an forearm carrier, or purchase running shorts with the spine pocket. However, listening to music via the phone while running is NOT RECOMMENDED. For one, running needs full attention, and distracted running is dangerous. Humans usually lose out in collision contests with moving vehicles. And for another, focus while running is crucial as the athlete needs to stay attentive to pace, breathing, time, location, surroundings, et cetera.

FAQ's

1. **Where will these independent workouts be held?**
All the listed workouts are written as if they would start and finish at the Alhambra High track.
2. **Is there going to be a set time for workouts?**
Remains to be seen. One idea is to have them scheduled for 9:00 a.m. Monday through Friday.
3. **Suppose I don't have the ability to get to the Alhambra track?**
Hopefully the runners and families can establish a network of sorts and get most of you to workouts.
4. **That's all nice, but it won't work in my case.**
These workouts can be changed up to accommodate almost any situation. See the list of possible options below.
5. **What if it rains?**
That just might happen. Try to run when it is not raining. Try to get into a gym and spend an hour on a stationary bike or a treadmill.
6. **Can I just do these workouts all by myself around where I live?**
Certainly. By all means. Please. Again, check the list of possible options below.
7. **Workouts every day of the week?**
The OYO days are voluntary, but strongly encouraged for veterans. Of course, the newer and younger runners are already running shorter and slower workouts out of consideration for age, condition, and experience. If sorenesses and aches persist, backing off is always a good precaution.

Possible alternate options to the posted workouts:

1. Just run - - put on the shoes, get outdoors, and run someplace and then run back. If you can put in 45-75 minutes a day, 5 - 7 days a week, you will improve.
2. If you can't find a track, perhaps you can measure out a stretch of road, or paths in a park, and then run the intervals.
3. Some of you live within a mile of the campus. That can be your warmup and cooldown to get to the track.
4. Workouts can be any time of the day.

Check In With The Coach:

Let me know what you are doing, and perhaps how each workout went. I'm not allowed to have direct face-to-face contact with you, but remote contact still works. Drop me a line about each workout if you can, and that way we can keep up the good work we've done so far.

Coach Peter Brewer

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