

Week of Monday February 3, 2020

LOYNO Distance / Mid-Distance

Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Acosta		C	SLR 8	G	J	10-11m	Day off
Buchanan		F	XT	XT/Lift	XT	XT	Day off
Byrd		C	SLR 8	G	J	10-11m	Day off
Dennis		3m + F	3m + XT	H	L	LONG XT	3-4m
Flores-Gonz		D	SLR 6	G	I	8m	4m
Foret		D (4 only)	SLR 5	G	I	6m (50min)	Day off
Ivory		B	SLR 7-8	G	I	9-10m	3m
Lopez-Ruiz		D	SLR 6	G	I	7m	3m
Martinez		3m + F	3m + XT	H	L	LONG XT	3-4m
Aquino-Thom		30min run	30min run	30min run	30min run	30min run	30min run
Delgado		D	SLR 8	G + 5m	I	Long 10	5-6m
Hanson		C	SLR 10	G + 5-6m	J	Long 12-14	7-8m
Jacobson		C	SLR 10	E	J	Long 12-14	6m
Johnson		C	SLR 8	E	I	Long 10-12	5-6m
Matthews		B	SLR 6	G	I	XT	XT
Medina		C	SLR 10	E	J	Long 10-12	5m
Nelson-Brod		A	SLR 10	E	K	Long 12-14	5-6m
Ramsey*		A	SLR 12-13	E	K	Long 16-17	8-9m
Ricca*		A	SLR 12	E	K	Long 14-15	7-8m
Smith		C	SLR 10	E	J	Long 12-14	6m
Talbott		C	SLR 10	E	J	Long 12-14	XT swim
Welch*		A	SLR 10-12	E	K	Long 13-15	6-8m

Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Monday Easy Run OR XT (your choice)

OYO

Tuesday BRING A BIKE TO PRACTICE TODAY - IF YOU CAN. We have 4-6 people who could use them to bike to the hill.

6:30am HILL WORKOUT PLUS – “UP AND OVER”

- A: Run to the Hill (2.4m one-way); 8 x Hill + 45sec (approx 300m), easy jog back to start; 2.4m-4m cooldown
 - B: Run to the Hill (2.4m one-way); 8 x Hill + 20sec (approx 100m), easy jog back to start; 2.4m-4m cooldown
 - C: Run to the Hill (2.4m one-way) 4 x Hill + 45sec, 4 x Hill + 20sec, easy jog back to start; 2.4m cooldown
 - D: Bike/Car to the Hill; 1m easy, 6 x Hill + 20sec (approx 100m), easy jog back to start; 1m cooldown, bike/car to LOY
 - F: 20 minutes on treadmill (or outside if allowed) then XT wkt (see XT workout sheet) - #2 or #6 or #27
- EVERYONE: Circuit Lift OYO in the afternoon; Those of you who do extra miles some days, do extra 3-5 today then lift

Wednesday Secondary Long Run (80% of Last Saturday's Run) SLR **OR** Long XT wkt (see XT workout sheet) - #4 or #11

6:30am MEDIUM PACE; “training run” not necessarily a recovery run/pace

Thursday E: Recovery run and strides

- 6:30am** ** We will find the best hard packed dirt on north side of Audubon Park (near St. Charles) or on the streetcar path and do our strides there after runs are done.
- G: 1/2m to Audubon Park; 4 x ATP Strides (40m/virtually all out / IN SPIKES); easy 4m run (unless noted more)
 - H: 2-3 miles and XT wkt (see XT workout sheet) - #3 or #7 or #28
- EVERYONE: Circuit Lift OYO in the afternoon; Those of you who do extra miles some days, do extra 3-5 today then lift

Friday WORKOUT AT HARRELL PARK TRACK – bring racing flats if you have them!

6:30am BRING A BIKE TO PRACTICE TODAY - IF YOU CAN. We have 4-6 people who could use them to bike to the track.

- I: 2-3m up; UP/DOWN LADDER; 200, 300, 400, 500, 600, 500, 400, 300, 200 (2min rest)/Mile DP; 2-4m down
- J: 2-3m up; UP/DOWN LADDER; 800, 1200, 1600, 1200, 800, 400 (2min rest)/5k DP UP/3k DP DN; 2-4m down
- K: 2-3m up; 3m @ 10k DP, 3min rest; 1600, 1200, 800, 400 (2min rest/5k, 3k, mile DP DN); 2m down
- L: 2-3 miles and XT wkt (see XT workout sheet) - #4 or #8 or #29

Saturday Long Run – Same as last week (mileage) Stay soft when possible

OYO

Sunday Recovery Run – easy paced runs, XT or OFF (as assigned)

OYO

Cross-Training Workouts

Biking Fartlek

- 1 40 minutes of continuous 60 seconds hard, 60 seconds easy
- 2 40 minutes of continuous 90 seconds hard, 30 seconds easy (much harder)
- 3 3 x (12 minutes of 30 seconds very hard, 30 seconds easy) with 2 minutes rest between sets
- 4 40-60 minutes of continuous medium intensity biking

Elliptical Fartlek

- 5 30 minutes of continuous 60 seconds hard, 60 seconds easy
- 6 24 minutes of continuous 30 seconds hard, 90 seconds easy (sprinters) OR
- 7 2 x (12 minutes of continuous 30 seconds hard, 90 seconds easy) with 3 minutes rest (sprinters)
- 8 30-40 minutes of continuous 90 seconds hard, 30 seconds easy (distance runners)
- 9 3 x (8 minutes of 30 seconds very hard, 30 seconds easy) with 3 minutes rest between sets
- 10 3-4 x (8 minutes of 60 seconds hard, 60 seconds easy) with 2 minutes rest between sets
- 11 25-40 minutes of continuous medium intensity elliptical

Treadmill Fartlek

- 12 30 minutes of continuous 60 seconds hard, 60 seconds easy
- 13 24 minutes of continuous 30 seconds hard, 90 seconds easy (sprinters) OR
- 14 2 x (12 minutes of continuous 30 seconds hard, 90 seconds easy) with 3 minutes rest (sprinters)
- 15 30-40 minutes of continuous 90 seconds hard, 30 seconds easy (distance runners)
- 16 3 x (8 minutes of 30 seconds very hard, 30 seconds easy) with 3 minutes rest between sets
- 17 3-4 x (8 minutes of 60 seconds hard, 60 seconds easy) with 2 minutes rest between sets
- 18 25-40 minutes of continuous medium intensity elliptical
- 19 Set treadmill at a 1-3% grade – less pounding on shins and knees

Upper-Body-Bike Fartlek

- 20 3-4 x (8 minutes of 30 seconds very hard, 30 seconds easy) with 3 minutes rest between sets
- 21 This is the most effective workout for this machine. More sets for more work.

Swimming

- 22 Laps for time is the most effective – 24-30 minutes total time swimming is ideal
- 23 Down hard, back easy for duration of workout, resting for 60 seconds after every 4th “easy”
- 24 Down and back hard, Down and back easy for duration of workout, resting after 4th “easy”
- 25 Continuous swimming at medium intensity for duration of workout

Aqua-Jogging Fartlek

- 26 4 x (5 minutes of 20 seconds very hard, 40 seconds easy) with 3 minutes rest between sets
- 27 10 x (2 minutes of 20 seconds very hard, 20 seconds easy) with 3 minutes rest between sets
- 28 2 x (15 minutes of 60 seconds hard, 60 seconds easy) with 3 minutes rest (distance)
- 29 3 x (8 minutes of 60 seconds hard, 60 seconds easy) with 3 minutes rest (sprinters)
- 30 4-5 x (6 minutes of 45 seconds hard, 45 seconds easy) with 3 minutes rest