

Loyola University New Orleans  
Distance / Mid-Distance Runners Training  
Week of Monday February 10, 2020

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Acosta	B	Magic 200C	SLR	A	pre-race/3	Mile/800	11
Buchanan	XT/Lift	XT	XT/Lift	XT	XT/Lift	XT (longish)	day off
Byrd	B	Magic 200C	SLR	A	pre-race/3	Mile/800	11
Dennis	A	4m (to track)	XT	B (3+XT)	3-4 + lift	4+XT (long)	3+XT
Flores-Gonz	B	Magic 200A	SLR	A	5 + lift	7+XT (long)	3+XT
Foret	A	Magic 200A	XT	A	4 + lift	6+XT (long)	4
Ivory	B	Magic 200C	SLR	A	pre-race/3	Mile/800	9-10
Lopez-Ruiz	A	Magic 200A	SLR	A	5 + lift	4+XT (long)	3+XT
Martinez	A	4m (to track)	XT	B (3+XT)	3-4 + lift	4+XT (long)	3+XT
Aquino-Thom	B	Magic 200C	SLR	A	pre-race/5	Mile/800	10
Delgado	B	Magic 400B	SLR	A	pre-race/5	Mile/800	10-11
Hanson	C	Magic 400C	SLR	A	pre-race/5	3000	13-14
Jacobson	C	Magic 400B	SLR	A	pre-race/5	5000	13-14
Johnson	C	Magic 400B	SLR	A	pre-race/5	3000	10-12
Matthews	A	Magic 200C	SLR	B (3+XT)	pre-race/3	800	8
Medina	C	Magic 400B	SLR	A	pre-race/5	Mile/800	13-14
Nelson-Brod	C	Magic 400C	SLR	A	pre-race/5	Mile/800	13-14
Ramsey*	D	Magic 400D	SLR	A	pre-race/5	5000	17-18
Ricca*	D	Magic 400D	SLR	A	pre-race/5	Mile/800	15
Smith	C	Magic 400B	SLR	A	pre-race/5	Mile/800	13-14
Talbott	C	Magic 400B	SLR	A	pre-race/5	Mile/800	12-13
Welch*	C	Magic 400C	SLR	A	pre-race/5	5000	14-15

**Monday** A 2 loops at Audubon Park, Progressive (controlled), 8 x strides (~100m) **XT**  
6:30am B 3 loops at Audubon Park, Progressive (controlled), 8 x strides (~100m) #2 or #6 or #27  
C 4 loops at Audubon Park, Progressive (controlled), 8 x strides (~100m)  
D 5 loops at Audubon Park, Progressive (controlled), 8 x strides (~100m)

**Tuesday** Magic 400s A: 12 with rest of 4 x 1 min, 4 x 50 sec, 3 x 40sec **XT**  
6:30am B: 14 with rest of 4 x 1 min, 4 x 50 sec, 4 x 40 sec, 1 x 30sec #1 or #5 or #26  
**LIFT** C: 16 with rest of 4 x 1min, 4 x 50sec, 4 x 40sec, 3 x 30sec  
**EVERYBODY** D: 18 with rest of 5 x 1 min, 4 x 50 sec, 4 x 40sec, 4 x 30sec  
OYO later Magic 200s A: 12 with rest of 4 x 1 min, 4 x 50 sec, 3 x 40sec  
today B: 14 with rest of 4 x 1 min, 4 x 50 sec, 4 x 40 sec, 1 x 30sec  
C: 16 with rest of 4 x 1min, 4 x 50sec, 4 x 40sec, 3 x 30sec

**Wednesday** Secondary Long Run (SLR) (or XT for time) **XT**  
OYO (on your own) 80% of last weekend's long run #4 or #11

**Thursday** A Easy recovery run (ecr); 40-50% of last weeknds long run **XT**  
6:30am B run + XT to equal an hour total #2 or #6 or #27

**Friday** Racing you will have easy pre-race and strides (in spikes) in Birmingham **XT Fri** **XT Sat**  
**& Saturday** Not Racing OYO (on your own) as assigned #1, #5 or #26 **Long XT**  
to equal 75min

**Sunday** Long Run or as assigned. **XT Sun**  
OYO (on your own) #4 or #11

**XT Workouts** see the sheet for the codes

**SWIM/AQUA JOG**  
**WHENVER YOU CAN!!!**