

Loyola University New Orleans							
Distance / Mid-Distance Runners Training							
Week of February 24							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Acosta	C	1m/A/5m	8-9m	6m	C/5-6/6:45	10-11m	6m
Buchanan	XT	XT + lift	XT	XT + lift	XT	XT	XT + lift
Byrd	C	1m/A/5m	8-9m	6m	C/5/6:50	10-11m	6m
Dennis	4m + XT	4m + XT	5m	4m + XT	4m + XT	5m	4m + XT
Flores-Gonz	D	1m/A/4m	6m	4m	B/10/1:42	7m	4m
Foret	D	1m/A/4m	5-6m	4m	B/10/1:42	7m	4m
Ivory	C	1m/A/5m	8m	5m	B/16/1:38	9-10m	5m
Lopez-Ruiz	D	1m/A/4m	5-6m	4m	B/10/1:45	7m	4m
Martínez	4m + XT	4m + XT	5m	4m + XT	4m + XT	5m	4m + XT
Aquino-Thom	C	2m/A/5m	8-10m	6m	B/18/79	12m	6m
Delgado	D	2m/A/5m	8m	6m	B/14/82	10m	6m
Hanson *	A	2m/B/6m	10-11m	8m	B/20/77	13-14m	8m
Jacobson	B	2m/B/5m	8-10m	XT or 6-8m	C/6/5:55	11-13m	XT or 6-8m
Johnson	XT	XT + lift	XT	XT + lift	XT	XT	XT
Matthews	B	2m/A/4m	7m	5m	A	9m	5m
Medina *	C	2m/B/6m	9-10m	7m	B/16/79	12-13m	7m
Nelson-Brod *	C	2m/B/6m	10-11m	7-8m	C/6/5:45	13m	7-8m
Ramsey*	A	2m/B/8m	13m	9m	C/8/5:20	16-17m	9m
Ricca *	C	2m/B/8m	12m	8m	D	15m	8m
Smith *	C	2m/B/6m	9-10m	7m	C/6/5:45	12-13m	7m
Talbot	B	2m/A/5m	7m	XT + lift	B/12/80	8-10m	XT + lift
Welch*	A	2m/B/7m	11m	8m	C/7/5:45	15m	8m

Monday HILL WORKOUT PLUS – “UP AND OVER”

- A: Run to the Hill (2.4m one-way); 10 x Hill + 45sec (approx 300m), easy jog back to start; 2.4m-4m cooldown
 B: Run to the Hill (2.4m one-way); 10 x Hill + 30sec (approx 100m), easy jog back to start; 2.4m-4m cooldown
 C: Run to the Hill (2.4m one-way) 5 x Hill + 45sec, 5 x Hill + 30sec, easy jog back to start; 2.4m cooldown
 D: Bike/Car to the Hill; 1m easy, 6-8 x Hill + 30sec (approx 100m), easy jog back to start; 1m cooldown,
 XT: #2 or #6 or #27

Tuesday A: 1-2 mile warm-up run; 4 x ATP Strides; 4-6 mile run at medium pace
 B: 2 mile warm-up run; 2 x 4 x ATP Strides; 6-8 mile run at medium pace
 ATP Strides (Adenosine Triphosphate/Top End Speed energy system) – should be done in spikes (so find a track)
 Distance: 30 meters (flying start – begin about 10-15m before the start then go VERY HARD/top end speed for 30m)
 Rest: A: 3 minutes rest B: 60 seconds, then 3 minutes between sets
 These are done FAST, FAST, FAST
 XT: #1, #5 or #26
 EVERYONE: Circuit Lift; also, 2nd runs (easy recovery, 3-6 miles) for those of you with an * by your name

Wednesday Secondary Long Run (80% of Last Saturday's Run) **OR** Long XT wkt (see XT workout sheet) - #4, #11 or #30
 MEDIUM PACE; “training run” not necessarily a recovery run/pace

Thursday Recovery run and strides
 ** 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.
 XT: #3 or #7 or #28
 EVERYONE: Circuit Lift; also, 2nd runs (easy recovery, 3-6 miles) for those of you with an * by your name

Friday A: 2m up; Rhythm 300s; 8 x 300 @ 46; rest is walk/jog 100m then 2 minutes; last 4 in spikes
 B: 2m up; Cruise 400s; 10-20 x 400 with 60sec rest; 2m down
 C: 2m up; Cruise Miles; 5-6-8 x 1 mile with 90sec rest; 2m down (Track or Audubon Park or Levee)
 – is there an accurate and measured/marked mile in the park or on the levee path?
 D: 3m up; 4 x (2 x 800) @ 3k GP (2:17) with 2min rest / 4 min rest between sets; 2m down
 XT: #4 or #8 or #29
 Cruise: at assigned paces; these are comfortably hard and will work on your running “economy”
 By your name it will say what workout (“B” for example), the number of repeats and the pace (B/12/36) for example

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

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

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

Eliptical 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