Loyola University New Orleans

Distance / Mid-Distance Runners Training

Week of Monday March 1

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Acosta		F2 x 5	8-9m	2/ATP/5	B (85/3:00)	10-11m	6m
Buchanan		3m + XT	4m + XT	3m + XT	2m/str/2m*	4m+XT	XT only
Byrd		4m + XT	8-9m	2/ATP/5	2m/str/2m*	10-11m	6m
Dennis		F2 x 5	5m	3m + XT	B (86/3:04)	5m	4m + XT
Flores-Gonz		F1 x 4	6m	4m + XT	A (1:40) x 8	7m	4m
Foret		F1 x 4	5-6m	4m + XT	A (1:40) x 8	7m	4m
Ivory		F1 x 5	8m	2/ATP/5	A (1:35)x12	9-10m	5m
Lopez-Ruiz		F1 x 4	5-6m	4m + XT	A (1:42) x 8	7m	4m
Martinez		4m + XT	5m	4m + XT	2m/str/2m*	5m	4m + XT
Aquino-Thom		F1 x 6	8m	2/ATP/5	C(68/45/26)	12m	6m
Delgado		F2 x 5	8m	6m + str	A (77) x 12	10m	6m
Hanson *		F1 x 6	10-11m	2/ATP/6	C(64/44/26)	13-14m	8m
Jacobson		F3 (levee)	8-10m	7-8m + str	E2	11-13m	XT or 6-8m
Johnson		F1 x 6	7m	6m + str	A (72) x 12	10m	XT only
Matthews		F1 x 6	7m	2/ATP/4	C (68/44/26)	9m	5m
Medina *		F2 x 6	10m	8m + str	B (69/2:32)	13m	7m
Nelson-Brod *		F2 x 6	10-11m	8m + str	D (2:30)	13m	7-8m
Ramsey*		F3 x 5	13m	9m / 5m	E	16-17m	10m
Ricca		TBA	TBA	TBA	Race	Race	10m
Smith *		8m + str	10m	7m / 4m	B (68/2:28)	12-13m	7m
Talbott		F1 x 5	7m	6m + str	A (68) x 12	10m	XT + lift
Welch*		F3 x 5	11m	8m / 4m	D (2:35)	15m	8m

Monday   Hills, Progressive Run or XT: 30sec hard, 30sec easy, 60sec hard, 60sec easy

Tuesday   2m run to The Fly, 2-4m cooldown run after workout - FARTLEK
6:30am   F1: 4-6 sets of (4 x 30sec Hard (approximate 800/mile race pace), 30sec easy); 3 min rest between sets
F2: 5-6 sets of (4 x 60sec Hard (approximate mile/3k race pace), 30sec easy); 3 min rest between sets
F3: 5 sets of (4 x 90sec Hard (approximate 3k race pace), 30sec easy; 3 min rest between sets
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
OYO   MEDIUM PACE; "training run" not necessarily a recovery run/pace

Thursday Recovery run and strides   OR   2m warm-up/ 4 x ATP strides then recovery run
6:30am   Reminder: ATP Strides (Adenosine Triphospate/Top End Speed energy system) – should be done in spikes
Distance: 30 meters (flying start – begin about 10-15m before the start then go VERY HARD/top end speed for 30m)
ATP strides rest: 3 minutes
**   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. ATP: ideally do at Harrell Track
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: 8-12 x 400m @ Mile Goal Pace with 90sec rest (active rest-walk, jog etc)
6:30am   B: 4 x 400 (90sec rest), 2 x 800 (2min rest), 4 x 400 (90sec rest) at Mile/3k/Mile Goal Pace (continuous)
C: 4 x 400, 3 x 300, 4 x 200 (2min rest throughout) at Mile Goal Pace/800m Goal Pace/400m Goal Pace (spikes)
D: 8 x 800 with 2 min rest at 5k Goal Pace
E: 1.5m easy to Levee; 8m Threshold Run @ 5.40 (4 out/back), 1.5m easy   E2: 1.5m up / /6m @ 6.15 / 1.5m dn
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 OYO   Long Run – 1m longer than last week;
Sunday   OYO   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 eliptical

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