

# Loyola University New Orleans

Distance / Mid-Distance Runners Training

Week of Monday March 9

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Acosta	Hills 2	D	8-9m	2/ATP/5	1500/400 TT	10-11m	6m
Buchanan	Hills 3	B (1-2 sets)	4m + XT	3m + XT	4x4 (30sec)	4m+XT	XT only
Byrd	Hills 3	D	8-9m	2/ATP/5	1500/400 TT	10-11m	6m
Dennis	Hills 3 (3)	B	5m	3m + XT	4x4 (30sec)	5m	4m + XT
Flores-Gonz	Hills 3	B (2 sets)	6m	4m + XT	1500/400 TT	7m	4m
Foret	Hills 2 (3)	C (4 sets)	5-6m	4m + XT	1500/400 TT	7m	4m
Ivory	Hills 2	C+	8m	2/ATP/5	1500/400 TT	9-10m	5m
Lopez-Ruiz	Hills 2	C (4 sets)	5-6m	4m + XT	1500/400 TT	7m	4m
Martinez	Hills 3 (3)	B	5m	4m + XT	4x4 (30sec)	5m	4m + XT
Aquino-Thom	Hills 2	C+	8m	2/ATP/5	600/400 TT	12m	6m
Delgado	Hills 1	D	8m	6m + str	1500/400 TT	10m	6m
Hanson *	Hills 2	C+	10-11m	2/ATP/6	600/400 TT	13-14m	8m
Jacobson	3m 18:00	E	8-10m	7-8m + str	8m Tpo	11-13m	XT or 6-8m
Johnson	XT	Pool	TBA - most likely XT for rest of the week ONLY; after doctor....				
Matthews	Hills 2	C+	7m	2/ATP/4	600/400 TT	9m	5m
Medina *	Hills 2	D	10m	8m + str	1500/400 TT	13m	7m
Nelson-Brod *	Hills 2	D	10m	8m + str	1500/400 TT	12-13m	7-8m
Ramsey*	8m progressive	A	13m	9m / 5m	10m Tpo	16-17m	10m
Ricca	Pool	Pool	6m + pool	8m + pool	10m Tpo	6m + pool	12-14m
Smith *	Hills 2	D	10m	7m / 4m	1500/400 TT	12-13m	7m
Talbott	Hills 2	E	7m	6m + str	600/400 TT	10m	XT + lift
Welch*	Hills 1	A	11m	8m / 4m	1500/400 TT	15m	8m

**Mon:** Hills (1, 2 or 3) men 3m to hill; 2-5m cooldown; women 2m to hill; 2-5 mile cooldown

**Tue:** 2m to butterfly park; 2-4 miles cooldown people with \* "can" do extra run today also  
A 3min hard, 2min easy, 2min hard, 1 min easy, 1 min hard, 3 min easy x 4 (5k pace)  
B "extended strides"; 10sec, 20sec, 30sec, 20 sec, 10 sec; wait until ready to do next  
C 30sec hard, 60 sec easy, 60 sec hard, 2 min easy x 4-5 (about 5k pace)  
C+ 4 x ATP strides (flying 30m in SPIKES with 3min rest); then 3-4 sets of "C" (at mile pace)  
D 2min hard, 1 min easy, 1 min hard, 30sec easy, 30sec hard, 3 min easy x 5 (3k to Mile pace)  
E 8 x 90sec hard, 2:30 easy (90sec hard is progressive; medium building to 5k race pace for final 30sec)  
XT: Pool: 30sec, 40sec, 50sec, 60sec, 50sec, 40sec, 30 sec HARD with 60sec easy = 1 set; 5-7 sets 3min rest

**Wed:** Secondary Long XT: #3, #7 or #30

**Thu:** easy runs with strides: 600/400 people: 2 x 100m regular strides; 2 x 100m acceleration strides; 2 x 75m fast strides  
4x4 people: 4-6 x 75m acceleration strides (build up to top speed, hold for 2-3 sec and back down)  
1500/400 people and 10m Tpo people: 2 x 125m regular strides; 2 x 125m progressive strides; 2 x 75m fast strides  
XT: #2, #8 or #26 people with \* should do extra run today

**Fri:** Be at the track, ready to go (having warm-ed up and stretched) for 4:00pm  
We will do the 1500m, then the 600m, then the 400m (1500 people) then the 400m (600 people)  
We should be done pretty fast. XT: #1, #5 or #27

**Sat:** Long Run  
XT: (60min Aqua jog/swim or 90min bike - medium steady pace)

**Sun:** easy recovery paced runs; XT: #4, #11 or #28