

Dear Harriers,

Even though it has only been a few weeks, it feels like forever since we have all seen each other. We are certainly in the midst of some tough times. But, at some point, tough times don't last. But tough people do. As I said last week, this experience is a challenge in many different ways. One way in which this is a challenge is to see how committed and motivated you really are.

Below, you will find this week's training. While getting your training in please continue to make smart decisions (like keeping social distance), and just overall do the right thing.

Please continue to keep up with the training journal while we are still away. Reminder, in this journal, I want you to log how you felt running on that day, and how you are feeling in general. It does not have to be anything detailed or long. But, this will help me fine tune your training while we are away and will provide you with documentation of what it was like for you during these crazy times in the future. Most importantly, you will one day you will look back at it all of this, including that training journal, and be glad you kept records. Trust me.

Besides your physical training, for your own mental well-being, please make the effort to continue practicing our mindset skills and activities. As it has always been preached, this not only benefits your training, but your overall mental health. Which for all of us I am sure, is being tested right now. I am also here to chat with any time it is needed.

Continue to operate like the quote I gave you last week...Champions are made when no one is watching. What you are doing, regardless of how our season turns out, is extremely important in the long run if the short run doesn't work out. Hopefully though, we will eventually return.

Happy Training. Stay safe and sane...

-Brouillard

Distance Training

Week of April 6th-April 11th

- Monday -

Distance

Anthony/Aidan – 35 Min Run

Dan/Robert/Manny/Justin – 30 Min Run

Evan/Ray/Joe/Connor/Nick V/Alexis/Sameem – 20 Min Run

Mid Distance

Nick M/Daniel T/Michale/Dorian/Matt/Nick L/Lutherson – 25 Min Run

After Your Run:

*Ropes

*Leg Swings

*Mobility Routine

*10-9-8-7-6-5-4-3-2-1 reps of...(please follow this order)

Push ups

Burpees

Plank position into push up position, then back again

Squats

Lunges

- 30 seconds rest between each set -

- Tuesday -

Workout

Distance:

Regular Warm Up Routine

Tempo Mile @ Pace, 1:30 Rest, 5x300m @ Pace w/ 1:00 min Rest

Rest after 200m = 45 seconds / Rest after 400m = 1:30 / Rest after 600m = 3:00

Anthony/Aidan – Mile = 5:50 Pace / 300m = 50-51

Dan/Robert/Manny/Evan/Justin – Mile = 6:10 Pace / 300m = 52-53

Ray- 200m = Mile Pace = 6:35 / 300m = 55-56

Joe/Connor/Alexis/Nick V/Sameem – Mile = 6:45 Pace / 300m = 57-59

Mid-Distance:

Regular Warm Up Routine

10x200m @800m Race Pace

Rest between each 200m = 1:30 / Set break after 5th repeat (3:00)

Nick M/Daniel T/Nick L – 200m = 30-31

Dorian/Michael – 800 = 200m = 32-33

Matt/Lutherson – 200m = 35-36

Regular Cool Down Routine

- Wednesday -

Distance:

Anthony/Aidan – 50 Min Run

Dan/Robert/Manny/Justin – 45 Min Run

Evan/Ray/Joe/Connor/Nick V/Alexis/Sameem – 35 Min Run

*Ropes

*Leg Swings

*8-10 Stride Outs @ 80% effort (60m)

*Core

*2x15 Suit cases

*2x45 seconds of V-Sits

*2x30 Seconds of Jumping Push Ups

*2x30 seconds of front plank-Right Side Plank-Left Side Plank-Front Plank (2 Minutes Total)

* 1 set of 30 seconds straight legged sit ups-30 second scissor kicks-30 seconds of straight legged crunches-30 seconds up position

Mid Distance:

Nick M/Daniel T/Michale/Dorian/Matt/Nick L/Lutherson – 20 Min Run

*Ropes

*Leg Swings

*4x100m @ 15-17 Pace with 45 seconds rest.

* Core

*2x15 Suit cases

*2x45 seconds of V-Sits

*2x30 Seconds of Jumping Push Ups

*2x30 seconds of front plank-Right Side Plank-Left Side Plank-Front Plank (2 Minutes Total)

* 1 set of 30 seconds straight legged sit ups-30 second scissor kicks-30 seconds of straight legged crunches-30 seconds up position

- Thursday -

Distance

Regular Warm Up Routine

- 1) *Kenyan Run*
- 2) *3 Minute Rest*
- 3) *4x200m @ Pace*

Anthony/Aidan – 3 Miles total Mile 1 = 6:50 Mile 2 = 6:30 Mile 3 = 6:20 / 200m = 32-33

Dan – 3 Miles total Mile 1 = 7:00 Mile 2 = 6:40 Mile 3 = 6:30 / 200m = 33-35

Robert/Manny/Justin – 3 Miles Total Mile 1 = 7:10 Mile 2 = 6:50 Mile 3 = 6:40 / 200m = 33-35

Evan – 2 Miles Total Mile 1 = 6:55 Mile 2 = 6:35 / 200m = 33-35

Ray – 2 Miles Total Mile 1 = 7:20 Mile 2 = 6:59 / 200m = 36-38

Joe/Connor/Alexis/Nick V/Sameem – 2 Miles Total Mile 1 = 7:30 Mile 2 = 7:10 / 200m = 38-40
(NO FASTER)

Mid Distance

Regular Warm Up Routine

4x800m @ Tempo Pace

(1-1:30 minute rest b/w repeats)

Nick M/Nick L/ Daniel – 800m = 2:50

Michael/Dorian – 800m = 2:55

Lutherson/Matt – 800m = 3:10

Cool Down

- Friday -

Distance:

Anthony/Aidan – 40 Minutes

Dan/Robert/Manny/Justin/Ray – 35 Minutes

Evan – 25 Minutes

Joe/Connor/Alexis/Nick V/Sameem – 30 Minutes

Mid-Distance:

Nick M/Daniel/Dorian/Michael/Lutherson/Matt – 30 Minutes

EVERYONE AFTER THEIR RUN:

*Ropes

*Mobility

*Drills

*Backwards Running 2x100m Equivalent

*2x40m Frog Squats

*2x40m Lunges (1 set Backwards)

*2x60m Super Super Mario's

*2x20 Step Ups on Bleachers or Equivalent

****MATT IF POSSIBLE DO HURDLE DRILLS AND JUMPS****

- Saturday -

Long Run:

Anthony/Aidan – 60 Minutes

Dan/Robert/Manny/Justin/Ray – 50-55 Minutes (Depending on how you feel)

Evan – 35-38 Minutes

Joe/Connor/Alexis/Nick V/Sameem – 45 Minutes

Nick M/Daniel/Dorian/Michael/Lutherson/Matt/Nick L – 40 Minutes

*Ropes

*8-10 Stride Outs @ 85% effort

* Core

*2x15 Suit cases

*2x45 seconds of bicycle sit ups

*2x45 seconds of feet slappers

*2x15 Push Ups/Arm Raises

*2x30 seconds of front plank into push up position

*2x15 Diamond Push Ups