

Dear Harriers,

Happy Easter to everyone. Another week of training is before you. I am sure at times it is hard to stay motivated with the it being unknown how our season will proceed from here, but a true test of your commitment is being able to NOT let that get in the way of your motivation to make sure you are as ready as possible when we return.

This week's training will see you testing yourself both in how good of shape you are in, and in your ability to be genuinely honest. On Tuesday, depending on what group you fit into, for the first time you will hold your very own private time trial. The goal of this is not to run a PR, but for you to apply the same effort you would in a race for this time trial. While I trust the majority of you have been following the schedule, even so, your body has not felt what it is like to "hit the gas". To make sure that if and when we return that feeling isn't too foreign for you physically and mentally, you will have your own private time trial.

I want each of you at some point by the end of Tuesday to contact me via text or email on how you did, and how you felt. You should feel spent and overall...and possibly crappy by the end. If I don't hear from you, I will assume you didn't do it (Insert Angry Face). Please be responsible and contact me. Also continue to keep up with the training journal while we are still away.

REMDINER, 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.

Remember, focus on what you can control, and disregard what you cannot. You cannot control a pandemic (although you can help by not spreading it), but you can control what you do while we are away. Hopefully we will be returning soon, and if so, hopefully you will be ready.

Stay safe and sane...

-Brouillard

# Distance Training

## Week of April 13<sup>th</sup>-April 18<sup>th</sup>

- Monday -

### Distance

Anthony/Aidan – 40 Min Run

Dan/Robert/Manny/Justin – 35 Min Run

Evan/Ray/Joe/Connor/Nick V/Alexis/Sameem – 25 Min Run

\*Ropes

\*Leg Swings

\*2x200m hard stride/200m jog (800m total)

\*Mobility

\*Core (of your choice)

### Mid Distance

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

\*Ropes

\*Leg Swings

\*3x150m Build Up Strides

\*Mobility

\*Core (Of your choice)

**- Tuesday –**

Workout

Distance:

12-15 Minute Warm Up

Ropes/Drills/etc.

*Mock 1600m Race*

Anthony/Aidan/Dan/Robert/Manny/Evan/Justin/Ray/Joe/Connor/Alexis/Nick V/Sameem

10 Minute Cool Down

6 Medium paced stride outs

Put legs Up

Stretch

Mid-Distance:

Regular Warm Up Routine

*Mock 800m Race / 200m Race*

*6 Minute Rest b/w 800m and 200m (Make sure to jog around)*

Nick M/Daniel T/Nick L/Dorian/Michael/Matt/Lutherson

8 Minute Cool Down

Put legs Up

Stretch

**- 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

\*10-9-8-7-6-5-4-3-2-1

Push Ups

Burpees

Push Up Position, Running in Place Driving Knee to Chest (Count the seconds down)

Squats

Lunges

Mid Distance:

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

\*Ropes

\*Leg Swings

\*10-9-8-7-6-5-4-3-2-1

Push Ups

Burpees

Push Up Position, Running in Place Driving Knee to Chest (Count the seconds down)

Squats

Lunges

**- Thursday -**

Distance

Regular Warm Up Routine

- 1) *Fartlek Run 30 on/30 off-45on/45 off-1:00 Min on/1:00 Min off-1:00 Min on/1:00 Min off back down (On is @ 75% effort)*
- 2) *4 Minute Rest*
- 3) *4x200m @ Pace*

Anthony/Aidan – 200m = 32-33

Dan – 200m = 33-35

Robert/Manny/Justin – 200m = 33-35

Evan – 200m = 33-35

Ray – 36-38

Joe/Connor/Alexis/Nick V/Sameem – 200m = 38-40 (NO FASTER)

Mid Distance

Regular Warm Up Routine

*3x50m on/100m off*

*(On portion is @ 85-90% effort. This is working on leg turnover and quickness)*

Nick M/Nick L/ Daniel/Michael/Dorian/Lutherson/Matt (Add hurdles if you can make it to the track)

Cool Down

**- Friday -**

Distance:

Anthony/Aidan – 30 Minutes

Dan/Robert/Manny/Justin/Ray – 25 Minutes

Evan – 20 Minutes

Joe/Connor/Alexis/Nick V/Sameem – 20 Minutes

Mid-Distance:

Nick M/Daniel/Dorian/Michael/Lutherson/Matt – 20 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

\*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

**\*\*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