

Dear Harriers,

As you all know by now, our return has been pushed back until May 15th. Despite this however, that does not change what responsibilities we have to make sure we are at the top of our game when we do return. As time moves on, the test is not only physical, but also mental. With that being said, I want this week to be a week of training that you control. Hopefully this will bring more enjoyment to the process for you. If you are going to be good in this sport or continue to be good, you need to enjoy the process. No, you won't like everything. But the overall process is something to be admired. Plus, the biggest advisory you will face in this sport...is yourself. You have to stand up to yourself, for yourself. Running by yourself for a long period of time is very draining. But YOU CAN DO IT and you will come out stronger for it in the long run.

This week's training will see a bit of a turnover in relation to speed...and choice. While you complete your runs this week, keep in mind where you are in life as well. As frustrating as it is to be stuck in the cycle that we are in, things could always be worse. There are people right now who are going through far worse than simple frustration.

For Thursday's workout, I want you to reach out to me in regards to what you chose. I was disappointed as I did not hear from everyone last week when I asked for that. If I don't hear from you, I assume you didn't do it. Please reach out.

Remember, continue keeping a log for your training and your mental headspace while making sure to 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 seeing each other sooner rather than later.

Stay safe and sane...

-Brouillard

Distance Training

Week of April 20th-April 25th

- Monday -

Distance

Anthony/Aidan – 45 Min Run

Dan/Robert/Manny/Justin – 40 Min Run

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

*Ropes

*Leg Swings

*3x150m Build Up Strides

*Mobility

*Core (of your choice)

Mid Distance

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

*Ropes

*Leg Swings

*4x50m Sprint, 100m jog

*Mobility

*Core (Of your choice)

- Tuesday -

Workout

Distance:

12-15 Minute Warm Up

Ropes/Drills/etc.

4x1000m @ Pace (2:30-3:00 rest in between)

Anthony/Aidan – 3:18 (79 400m Pace)

Dan/Evan – 3:25 (82 400m Pace)

Robert/Manny/Justin – 3:31 (84 400m Pace)

Ray/Joe/Connor/Alexis/Nick V/Sameem - Between 3:45-3:50 (88 400m Pace)

10 Minute Cool Down

6 Medium paced stride outs

Put legs Up

Stretch

Mid-Distance:

Regular Warm Up Routine

5x600m

2 Minute Rest

Nick M/Daniel T/Nick L – 1:51 (74 400m Pace)

Dorian/Michael/Matt/Lutherson – 2:00 (80 400m Pace)

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/Mid-Distance

Regular Warm Up Routine

YOU CHOOSE THE WORKOUT

- 1) *Speed Test Ladder 50m-100m-200m-200m-100m-50m @100% effort 1 minute rest between 50m/100 each, 2 minute rest between 100m/200m, 3 minute rest between 200m/200m.*
- 2) *How Long Can You Last? 40m back and forth sprints. Start with 5x15 seconds, 5x12 seconds, 5x10 seconds. 4 Minute Break, Repeat. This is like the step test.*
- 3) *10x200m @ 85% Effort (You chose what that looks like) 1:30 Rest*

This is for both Distance and Mid-Distance

Regular 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

*2x50m Frog Squats

*2x50m Lunges (1 set Backwards)

*2x60m Super Super Mario's

*2x25 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 – 65 Minutes

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

Evan – 35-38 Minutes

Joe/Connor/Alexis/Nick V/Sameem – 50 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