

Dear Harriers,

I feel it is necessary to start off this letter by stating the obvious. It is a HUGE disappointment that we will not have a spring season this year. It is an even greater disappointment that we will be unable to see our seniors go around the track for their final campaign. This sad fact however, does not take away or change all that they have accomplished and brought to the program. Most importantly, it doesn't change all the great memories. As things calm down in the world, we will properly celebrate our seniors when the time is right.

Until then, we continue on in our training. You might be thinking "why?" since our season is canceled. We need to keep your bodies on a set schedule before you take your break, then begin the process to get ready for XC. Next week is your last week of training before your break. For this week, I will be setting up zoom calls for different training groups. More information will be provided. Please make sure you are available for that.

This week, we are turning up the heat with speed and dropping some of the mileage. While you complete your training, please make sure to continue to make smart, healthy, safe decisions. Even as things seem to finally start slowly getting better, do your part to make sure that trend continues.

Speak to you all soon

-Brouillard

# Distance Training

## Week of April 27<sup>th</sup>-May 2<sup>nd</sup>

- Monday -

### Distance

Anthony/Aidan – 40 Min Run

Dan/Robert/Manny/Justin – 35 Min Run

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

\*Ropes

\*Leg Swings

\*50 on/50 off for equivalent of two laps

\*Mobility

\*Core (Of your choice)

**- Tuesday -**

### Workout

#### Distance:

10 Minute Warm Up

Ropes/Drills/etc.

*10x200m @ Pace Drop every 3 repeats (1:30 Rest)*

Anthony/Aidan – First 3 = 34 / Next 3 = 32 / Next 3 = 30 / Last Repeat All Out

Dan/Evan – First 3 = 35 / Next 3 = 33 / Next 3 = 32 / Last Repeat All Out (Evan do 8 total, 8<sup>th</sup> one is all out)

Robert/Manny/Justin – First 3 = 36 / Next 3 = 34 / Next 3 = 32 / Last Repeat All Out

Ray/Joe/Connor/Alexis/Nick V/Sameem - First 3 = 38 / Next 3 = 36 / Next 3 = 34 / Last Repeat All Out

10 Minute Cool Down

Put legs Up

Stretch

#### Mid-Distance:

Regular Warm Up Routine

*12x100m @ Pace (1:10 Minute Rest)*

Nick M/Daniel T/Nick L – First 5 = 16 / Next 5 = 15 / Last Two All Out

Dorian/Michael/Matt/Lutherson – First 5 = 17 / Next 5 = 16 / Last Two All Out

8 Minute Cool Down

Put legs Up

Stretch

**- Wednesday -**

Distance:

Anthony/Aidan – 40 Min Run

Dan/Robert/Manny/Justin – 30 Min Run

Evan/Ray/Joe/Connor/Nick V/Alexis/Sameem – 25 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” PART II

- 1) *8 Minute Fartlek Run (25 Seconds on/35 Seconds Off, on is at 85%), 3 Minute Rest, 6x60m @ 95% jog back + 25 Seconds Recovery*
- 2) *3x30m-50m-80m @95% Effort. Jog back is the rest. Set break is 1:30 minute.*

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 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

**- Saturday -**

Long Run:

Anthony/Aidan – 55 Minutes

Dan/Robert/Manny/Justin/Ray – 45 Minutes (Depending on how you feel)

Evan – 30 Minutes

Joe/Connor/Alexis/Nick V/Sameem – 40 Minutes

Nick M/Daniel/Dorian/Michael/Lutherson/Matt/Nick L – 35 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