

Distance Training

March 16th-March 21st 2020

Monday

Distance Out run:

Warm up Drills

Anthony/Aidan – 40 Minute Run

Dan/Robert/Manny/Justin/Ray – 35 Minute Run

Joe/Connor/Nick V/Alexis/Sameem – 30 Minute Run

Evan – 25 Minute Run

After Out Run:

Ropes

Leg Swings

Mobility Routine

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

Mid Distance Out Run:

Nick M/Daniel/Dorian/Michael/Kamran/Lutherson/Matt – 25 Minute Run

After Run:

Ropes

Leg Swings

3x150m Build Up Strides

Core (Follow the Core routine listed above).

Tuesday

Distance Workout:

Warm Up Drills

10-12 Minute Warm Up

Ropes/Leg Swings/All Fours

Drills

Tempo Mile @ Given Pace, 2 Minute Rest, 8x200m @ 85% Effort with 200m jog

Anthony /Aidan – Mile = 5:55 / Suggested 200m Pace = 32-33

Dan/Robert/Manny/Justin/Evan – Mile = 6:15 / Suggested 200m Pace = 34

Ray – Mile = 6:45 / Suggested 200m Pace = 36

Joe/Connor/Alexis/Nick V/Sameem – Mile = 6:55 / Suggested 200m Pace = Sub 40

10 Minute Cool Down

Mid Distance Workout

Warm Up Drills

8-10 Minute Warm Up

Ropes/Leg Swings/All Fours/Drills

2x800m/4x200/6x100m 1.5 Minute between reps, 2 Minutes between different sets

Nick V/Daniel – 800 = 2:50 / 200 = 29-30 / 100 = 15

Dorian/Kamran/Michael/Lutherson/Matt – 800 = 2:58 / 200 = 32 / 100 = 16-17

8 Minute Cool Down

Wednesday

Recovery Run:

Anthony/Aidan – 45 Minute Run

Dan/Robert/Manny/Justin/Ray – 38-40 Minute Run **Evan – 30 Minute Run**

Joe/Alexis/Connor/Nick V/Sameem – 35 Minute Run

Ropes

8-10 50m Stride Outs @75 % effort 15 seconds rest

Core

*8-7-6-5-4-3-2-1 Minutes Down

-Push Up / Burpee / Squat / Suit Case / Lunges

Good Stretch

Mid Distance:

Nick M/Daniel/Dorian/Kamran/Michael/Lutherson/Matt – Split Run, 15 min, ropes, 3x150m Build Up Strides, 15 min run, Regular Stretches

Core

*8-7-6-5-4-3-2-1 Minutes Down

-Push Up / Burpee / Squat / Suit Case / Lunges

Thursday

Distance: Hermin Grime Park Workout

Warm Up Drills

Warm Up to Grime

Ropes/Leg Swings/All Fours/Drills

Fartlek Run. Road Loop that goes around Grime Park. 7x30 Seconds on / 1 Minute Off @ 75% effort. 4 Minute Rest, 4x100m w/ 1 Min Rest b/w.

Anthony/Aidan – 100m = 16-17

Dan/Robert/Manny/Justin/Evan – 100m = 17-18

Ray – 100m = 18-19

Joe/Connor/Alexis/Nick V/Sameem – 100 = 19

Cool Down Back

Legs Up on Fence for 5 minutes

Stretch

Mid Distance: Hermin Grime Park Workout

Warm Up Drills

Warm Up to Grime

Ropes/Leg Swings/All Fours/Drills

5x200m Repeats Uphill w/ jog back + 30 seconds rest, then 5x100m Repeats Uphill same rest (Same spot as Winter)

Nick M/Daniel – 200m = 36-38 / 100m = 17-18

Kamran/Dorian/Michael/Matt – 200m = Sub 40 / 100m = 18-19

Cool Down Back

Legs Up on Fence for 5 minutes

Stretch

Friday

Recovery Run:

Anthony/Aidan – 35 Minutes

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

Evan – 25 Minutes

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

Nick M/Daniel/Dorian/Kamran/Michael/Lutherson/Matt – 25 Minutes

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

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/Kamran/Michael/Lutherson/Matt – 40 Minutes

*Ropes

*8-10 Stride Outs @ 85% effort