

Dear Harriers,

I hope this letter and the training finds you well. We find ourselves living in quite the crazy times right now. What we do on the track is extremely important, but there are more important things in life right now as well. I hope that you are doing the right thing, keeping social distance, and making sure that you are making healthy choices for yourselves and your families.

While we as a society are basically put on hold, we are lucky that we can still continue our training to make sure we are ready for when we return from our “vacation”. Below, you will find this week’s training schedule. While I have spoken to some of you this past week, I would like to hear from all of you at some point. I ask you to keep a journal while we are away. 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. One day you will look back at it with interest.

Besides continuing your training, like Coach Fiore asked the sprinters, I would like you to make every effort to check in with friends, family, and people who need it while we are away through texting, phone calls, or FaceTime.

Hopefully, we will be returning sooner rather than later. Keep up the good work and hopefully, it will pay off when we return.

Happy Training.

-Coach Brouillard

Distance Training

Week of March 23rd-March March 28th

- Monday -

Distance

Anthony/Aidan – 40 Min Run

Dan/Robert/Manny/Justin – 35 Min Run

Evan/Ray/Joe/Connor/Nick V/Alexis/Sameem – 30 Min Run

Please do the following inside...

*Ropes

*Leg Swings

*Mobility Routine

*Regular Stretches

Mid Distance

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

*Leg Swings

*50m Stride, 100m jog, 100m Stride, 200m jog, 200m Stride, 100m jog, 50m Stride.

(This is continuous and in total is two laps)

Please do the following inside...

*Ropes

*Regular Stretches

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

- Tuesday –

Workout

Distance:

Regular Warm Up Routine

6x1000m (Focus on 400m pace given), 2 minute rest.

Anthony/Aidan – 400 = 78-80 seconds

Dan/Robert/Manny/Evan/Justin – 82-84 seconds

Ray- 85-86 seconds

Joe/Connor/Alexis/Nick V/Sameem – 90-92 seconds (4x1000m)

Mid-Distance

Regular Warm Up Routine

2x800-600-600 (2 Min rest b/w 800 and 600, 2:30 min rest between 600's, set break 3 mins.)

Nick M/Daniel T/Nick L – 800 = 2:50 / 600 = 1:46-1:50

Dorian/Michael – 800 = 2:56 / 600 = 1:52-1:56

Matt/Lutherson – 800 = 3:05 / 600 = 2:05-2:10

Kamran 25 min run do not do the workout

Regular Cool Down Routine

- Wednesday -

Distance:

Anthony/Aidan – 45 Min Run

Dan/Robert/Manny/Justin – 40 Min Run

Evan/Ray/Joe/Connor/Nick V/Alexis/Sameem – 30 Min Run

*Ropes

*Leg Swings

*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:

Nick M/Daniel T/Michale/Dorian/Kamran/Matt/Nick L/Lutherson – 30 Min Run

*Ropes

*Leg Swings

* 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

- Thursday -

Distance

Regular Warm Up Routine

2 Mile Tempo Run @ Pace, 1 Minute Rest, 4x200m @ Given Pace 45 Seconds Rest b/w sets

Anthony/Aidan – 5:50 Mile Pace / 200m = 32-34

Dan/Evan – 6:10 Mile Pace / 200m = 35-36

Robert/Manny/Justin – 6:20 Mile Pace / 200m = 34-35

Ray – 6:40 Mile Pace / 200m = 36-38

Joe/Connor/Alexis/Nick V/Sameem – 6:50 Mile Pace / 200m = 38-40 (NO FASTER)

Mid Distance

Regular Warm Up Routine

Mile Tempo @ Pace, 1:30 Rest, 6x150m Build Up Strides w/ 1 min rest

Nick M/Nick L/Daniel T = 6:20 Mile

Michael/Dorian = 6:35 Mile

Lutherson = 6:45 Mile

Kamran 30 Min Run

Matt = 6:45 Mile (If able to, 150m over 2 “hurdles” or likewise barriers)

- Friday -

Distance:

Anthony/Aidan – 35 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/Kamran/Michael/Lutherson/Matt – 25 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/Kamran/Michael/Lutherson/Matt/Nick L – 40 Minutes

*Ropes

*8-10 Stride Outs @ 85% effort