

Dear Harriers,

I hope this letter and the training finds you well. Below, you will find the next weeks training. It is my hope that while staying healthy, making smart decisions (like keeping social distance), and doing the right thing, you have made time to keep up with your training so that, fingers crossed, when we return you will be ready to rock. This week, on Tuesday, your workout will be a bit of a test. Please try and do this at the track if possible, or a spot where you know the specific measurements.

Please keep up with the training 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, please remember 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.

Don't forget one of my old, favorite phrases...Champions are made when no one is watching. What you are doing, regardless of how our season turns out, is extremely important.

Happy Training.

-Brouillard

Distance Training

Week of March 30th-April 4th

- Monday -

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

*Mobility Routine

*Regular Stretches

Mid Distance

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

*Ropes

*Leg Swings

*3x150m Build Up Strides

*Regular Stretches

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

- Tuesday -

Workout

Distance:

Regular Warm Up Routine

200m-400m-600m-400m-200m @ Mile Race Pace

Rest after 200m = 45 seconds / Rest after 400m = 1:30 / Rest after 600m = 3:00

Anthony/Aidan – 200m = 33 / 400m = 68 / 600m = 1:42-1:44

Dan/Robert/Manny/Evan/Justin – 200m = 35 / 400m = 72 / 600m = 1:47-1:49

Ray- 200m = 38 / 400m = 78 / 600m = 1:57-1:59

Joe/Connor/Alexis/Nick V/Sameem – 200m = 40 / 400m = 80 / 600m = 2:02-2:04

Mid-Distance:

Regular Warm Up Routine

100m-200m-400m-200m-100m @800m Race Pace

Rest after 100m = 30 seconds / Rest after 200m = 1:00 / Rest after 300m = 2:00

Nick M/Daniel T/Nick L – 100m = 15-16 / 200m = 31 / 400m = 61-63

Dorian/Michael – 800 = 100m = 16-17 / 200m = 32 / 400m = 64-65

Matt/Lutherson – 100m = 17-18 / 200m = 34 / 400m = 67-69

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

*6-8 Stride Outs @ 80% effort (60m)

*Core

*2x15 Suit cases

*2x45 seconds of Russian Twists

*2x45 seconds of toe touchers

*2x30 Seconds of Up-Down-Middle Push Ups

*2x30 seconds of front plank into push up position

Mid Distance:

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

*Ropes

*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)

*2 Laps or equivalent jog

* Core

*2x15 Suit cases

*2x45 seconds of Russian Twists

*2x45 seconds of toe touchers

*2x30 Seconds of Up-Down-Middle Push Ups

*2x30 seconds of front plank into push up position

- Thursday -

Distance

Regular Warm Up Routine

- 1) *Fartlek Run 1 Min on/1 Min off @ 75% effort (stay on pace and be honest)*
- 2) *3 Minute Rest*
- 3) *4x200m @ Pace*

Anthony/Aidan – *Fartlek Run Total Time = 12 Minutes / 200m = 31-33*

Dan/Evan – *Fartlek Run Total Time = 10 Minutes / 200m = 33-35*

Robert/Manny/Justin – *Fartlek Run Total Time = 10 Minutes / 200m = 33-35*

Ray – *Fartlek Run Total Time = 8 Minutes / 200m = 36-38*

Joe/Connor/Alexis/Nick V/Sameem – *Fartlek Run Total Time = 8 Minutes / 200m = 38-40 (NO FASTER)*

Mid Distance

Regular Warm Up Routine

- 1) *50m Stride, 100m jog, 100m Stride, 200m jog, 200m Stride, 100m jog, 50m Stride.*
(This is continuous and in total is 3 laps)
- 2) *3 Minute Rest*
- 3) *4x100m @ 15-17 Pace*

Cool Down

- 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/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/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