**Week #8 Distance Running Training:**

**Hydrate often eat healthy and get proper sleep!!!!**

\*Always warm up by doing the following:

1. Easy 5-10 minute jog.
2. Plyometric Drills
3. Strides

\*Always warm down by doing the following:

1. Easy jogging
2. Strides
3. Core Repeats
4. Stretching

**Mon.4/28** 10 min.jog warm-up 300-300-200-200-200-200-200 with equal distance recovery. 300’s at 1600m goal race pace and 200’s at 90-95%. 10 min. jog warm-down. Stride outs light plyos 1-2 sets of core stretching. **Or** jog to CMS run up stairs & across hallway @95% jog down stairs and across hallway 15-20 minutes. Do 2-3 core sets in gym. Jog back to HS & stretch.

**Tues.4/29 Quad @ Hermantown 4pm** Bus 3pm Plan on doing Monday’s 300/200 workout if no meet.

**Wed.4/30** 10 min. jog warm-up 200-200-300-300-400-400-300-300-200-200 with equal distance recovery. First one at 90% second one at 95%. 10 min. jog warm down. 2-3 core sets and stretching.

**Thurs.5/1** Easy distance run20-30 minutes with 6-8 stride-outs

 1-2 core sets and stretching.

**Fri.5/2** **Cloquet Relays 4pm**

**Sat.5/3** Rest or Long Run 60+ minutes

**Sun.5/4 Save our Hooterz 5K,** Rest or long run 60+ Minutes

**Core Workout Set:**

1. 30-50 cone heads, sit-ups, crunches, or flutters & crossovers (need a mat)
2. 5-10 30 second super mans.
3. 20-40 push-ups, planks, reverse push-ups
4. 40-60 curls (need 10-20 pound weights or resistant bands) **weight room**
5. alternate 1 leg squats 5-10 on each leg
6. scooter bugs 10-20 yards out & back and again in other direction
7. 20-40 full body burpies
8. 20-45 pull-ups \* **weight room,** resistant bands, or partner pull-ups
9. Jumping Rope or jump in place 3-4 minutes.