**Week #4 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.3/31** Distance run 20-30 minutes.

 {2 core sets}

**Tues.4/1 Hills.** 5-10 min. warm-up 2-3 sets (2-4 accelerators and 1 rep of frog hops with 2 minute recovery) 5-10 min. jog warm down. 21st Street or stairs at MS.

 {1 core set}

**Wed.4/2** 5 minute warm-up 2-200’s, 1-400, 2-200’s @VO2 Max pace (use calculator on web site) 5 minute warm down (14th street).

 **Senior Picture** {2-3 core sets}

**Thurs.4/3** Distance run 20-30 or **Pool Option: 4pm-5:30pm**

 **Goal Setting.**

 {2-3 core sets}

**Fri.4/4** Distance run 30-40 minutes or **Pool Option: 4pm-5:30pm**

 {2-3 core sets}

**Sat.4/5** **Meet @UWS 10AM Bus leaves 9AM** or Long Run 50-60 minutes. {1-3 core sets}

**Sun.4/6** Rest or Easy Distance

**Core Workout Set:**

1. 10-30 cone heads, sit-ups, crunches, or flutters & crossovers (need a mat)
2. 5-10 30 second super mans.
3. 10-30 push-ups, planks, reverse push-ups
4. 20-40 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. 10-20 full body burpies
8. 10-15 pull-ups \* **weight room,** resistant bands, or partner pull-ups
9. Jumping Rope or jump in place 1-2 minutes