

DP Distance 2019 - Coach Micks – February 11 - 18

4th week of second semester:

Monday:	weights + Medium easy pace run.
Tuesday:	Hills: 6x60 1 hill circuit (200/300/400) 4-5x(120, or 150)/walk back
Wednesday	Drills, core, easy run.
Thursday:	1M & 0.5M tempo repeats with 1:00 standing RI between (2:00 RI before last 0.5M) 4x100 uphill strides
Friday (no school)	Long run + strides
Saturday	Off or short
Sunday	Medium easy run
Monday (no school)	Medium easy run
Tuesday (2/19)	10K-pace intervals, 2-3 race-pace 300s + 100s
Thu (2/21)	Time trial races (800 & 1600) + 200s/150s/100s

Nutrition within 30 minutes after runs, is highly recommended, especially on the workout days. Improves the body's response to the workout; i.e. will make you faster. Something with ratio of carbs/protein of 3/1 is best. Chocolate milk has this.
Stretching after workouts is also recommended. Brings blood flow into the muscles which will also improve the body's response to the workout. Also, helps undo damage (tightening and knots) because of stress of the workout.
Rolling with a softball and/or roller also helps.

Hill circuit fartlek (Tuesday)

Hill workout starts with 6x60 meters fast uphill/walk down
Hill circuit/fartlek running XC race pace up hill/easy pace down hill.
Start with 200 meter jog to 0
Turn around at 0 mark and run hard (XC-race) pace uphill.
At 200 meter mark, turn around again and go easy down hill.
Repeat for the number of up hills specified.
After last hill circuit: Walk back to 0
120s/150s should be run hard (1M pace); walk back between reps.
(legs should burn a little for last 20-30 meters of the 120s/150s)

Tempo repeats (Thursday)

1M warm-up + drills before starting tempo repeats.
Steady tempo pace: aerobic threshold. Suggested pace/mile is next to each name.
Between each rep, 1:00 standing recovery interval (RI)
This week (2/11-17), last tempo reps will be 0.5M, still with 1:00 between reps.
Before last 0.5M, take 2:00 rest. This way you'll be able to run that last 0.5 at faster pace.
Finish with 4x100 uphill strides

Long run+ strides can be done Friday, Saturday or Monday.

You can juggle the mileage for Friday, Saturday, Sunday so 1 day is long + strides, 1 day is medium easy run, and 1 day is off or short easy run

DP Distance 2019 - Coach Micks – February 11 - 18

20 miles/week	25 miles/week	30 miles/week	40 miles/week
<p>Alva Clavering S=14:30 Ana Carvalho Annsa Castellucci Marzia Fontana Mariana Cordova Deanna Koppenjan Grace Yishak 14:30 <u>Abby Bentley</u> Mo 3M easy Tu 6x60m hills fast hill circuits: 2-2-2-2 4x120 walk back cool down: 1M We 3M easy Th 3-4x0.5M 4x100 uphill strides 1M cool down, Fr: 5M + 4 strides Sa: 0 Su 3M Mo 3M easy</p>	<p>Taylyn Baxter S=9:50 Ailee Gessert S=8:30 Arianna Barreto S=9:00 Esmerelda Perez S=8:20 <u>London Wahlberg S=8:30</u> Mo 4M easy + strides; Tu 6x60 hills fast 2-3-3-2 hill circuits 4x120 walk back cool down: 1M We 4M easy Th 1x1M 3x0.5M 4 uphill strides 1M cool down, Fr: 6M + 4 uphill strides Sa: 0 Su 4M Mo 3M</p>	<p>Katie Hellman S=7:25 Lizetter Rivera S=7:50 Zoe Geller S=7:50 Olivia Larinan S=8:15 <u>Jessica Uyeno S=8:00</u> M 4M + strides; Tu 6x60 hills fast Hill circuits: 2-3-4-2 4x150 walk back cool down: 1M We 5M easy Th 2x1M 2x0.5M 4 uphill strides 1M cool down Fr 6-7M + 4 strides Sa 2M Su 5M Mo 4M</p> <p>35 miles/week <u>Estella Ye S=7:50</u> M 5M + strides; Tu 6x60 hills, hill circuits(2-3-4-2-2, 4x150/walk back cool down: 1M W 5M Th 2x1M 3x0.5M 4 up hill strides 1M cool down Fr 7-8M + 4 strides Sa 2M easy Su 5M easy Mo 4M easy pace</p>	<p>Emmi Wyttenbach S=7:05 Molly Gans S=7:05 Mo 5M Tu 6x60 hills, hill circuits: 2-3-4-3-2 5x150 walk back cool down: 1M We 5M Th 3x1M 2x0.5M 4 uphill strides 1M cool down; Fr 8-9M + 4 strides Sa 3M Su 6M Mo 5M</p> <p>Recovering: Ella Kenly: 1M/day Reese Benelli: 1.5-2M/day</p>