

3rd week of second semester:

- Monday: weights + Medium easy pace run.
- Tuesday: Hills: 6x60
Circuits/fartlek (200,300,400)
2-4x100 uphill strides.
- Wednesday Drills, core, easy run.
- Thursday: Long tempo plus 4x100 uphill strides
FOR THOSE AT DP: we'll do the steady tempo as mile repeats out/back on Cathedral Oaks toward Lake Carneros.
- Friday (or Sat/Sun) Long run + strides
- Saturday Off or short
- Sunday Medium easy run
- Monday (Feb 11) weight room + easy run

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
And ends with 100 meters at stride pace/walk down
Heart of this hill workout is a fartlek running XC race pace up hill/easy pace down hill.
Start at easy pace from the 200 mark going downhill:
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.

In the workout specs:

2=200, 3=300, 4=400

If there are two sets:

First set ends with a 400. Walk back to 200 to start second set.

Long tempo (Thursday)

Steady tempo pace: aerobic threshold. Suggested pace/mile is next to each name.

To get distance of the easy/tempo combo: subtract the warm-up.

So: 4 w 2S = 1M warm-up, warm-up drills, 3M with 1M easy and 2M tempo.
If tempo is over 2 miles: can split into 2 equal segments with 1 minute rest between.
Still need to do 4x100 uphill strides after tempo
Followed by cool down.

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 4 - 10

Subtract warm-up to get miles to run after drills, hills, etc.

THURSDAY: if you'll be at practice, see notes at bottom of the table.

<p><u>20 miles/week</u> Taylyn Baxter S=11:00 Alva Clavering S=11:30 Anna Carvalho Ana Castellucci Marcia Fontana Mariana Cordova Deanna Koppenjan Grace Yishak <u>Abby Bentley</u> Mo 3M easy Tu 6x60m hills fast hill circuits: 2-3-3-2 4x100 uphill strides cool down: 1M We 3M easy Th 4M w 2S *, 4 uphill strides 1M cool down, Fr: 5M + 4 strides Sa: 0 Su 3M</p>	<p><u>25 miles/week</u> <u>Ailee Gessert S=8:50</u> Arianna Barreto S=9:30 Esmerelda Perez S=9:30 Lizetter Rivera S=8:30 <u>London Wahlberg S=8:50</u> Mo 4M easy + strides; Tu 6x60 hills fast 2-3-3-3-2 hill circuits 4x100 uphill strides cool down: 1M We 4M easy Th* 4M w 2S * 4 uphill strides 1M cool down, Fr: 6M + 4 strides Sa: 0 Su 3M <u>Zoe Geller S=7:50</u> Mo 3M Tu – 4x60 hills fast 2-3-4-2 hill circuits 4x100 hills cool down 1M We – 4M easy Th – 0 Fr 4M w 2S 4x100 uphill strides 1M cool down Sa –3M Su – 5-6M + strides</p>	<p><u>30 miles/week</u> Katie Hellman S=8:40 <u>Jessica Uyeno S=8:40</u> M 4M + strides; Tu 6x60 hills fast Hill circuits: K: 2-3-4/4-3-2 J: 2-3-3-3-2 4x100 uphill strides cool down: 1M We 5M easy Th 5M w 3S,* 4 uphill strides 1M cool down Fr 6-7M + 4 strides Sa 2M Su 4M <u>35 miles/week</u> Olivia Larinan S=8:30 <u>Estella Ye S=8:00</u> M 5M + strides; Tu 6x60 hills, hill circuits(2-3-3-4, 4-3-2) 4x100 uphill strides cool down: 1M W 5M Th 0: 5M w 3.5S * E: 5 w 4S* 4 up hill strides 1M cool down Fr 7-8M + 4 strides Sa 2M easy Su 4M easy</p>	<p><u>40 miles/week</u> Emmi Wyttenbach S=7:20 <u>Molly Gans S=7:15</u> Mo 5M Tu 6x60 hills, hill circuits: 2-3-4-4/ 4-4-3-2 4x100 upilll strides cool down: 1M We 5M Th 6M w 4S* 4 uphill strides 1M cool down; Fr 8-9M + 4 strides Sa 3M Su 5M <u>Injured</u> Ella Kenly Reese Benelli</p>
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***Thursday's workout (steady pace tempo): FOR THOSE AT PRACTICE AT DP:**

We'll do this as mile repeats out and back on Cathedral Oaks toward Los Carneros.
 The **pace objective** is YOUR aerobic threshold (steady tempo); It IS a steady focused effort. It is SLOWER than XC race pace.
 Try to find the right effort level so that succeeding repeats can be slightly faster even with just ONE minute between repeats.
 Find right pace before looking around for people to run with.
 Allow gaps with other runners if that is right thing for the pace objective.
 Start at 0.0 marker near Glen Annie and turn around at the 0.50 mark half-way to Los Carneros
 Coach Micks will have a continuously running watch.
 Note with him what time you start & finish each rep, and allow exactly 60 seconds standing between reps.
 After last 1M rep, you have 4x100m uphill strides and then a long cool down (1-2M; see below).

<p><u>20 m/w</u> 1M warm-up drills 2x1M at steady pace 4x100 uphill strides 1M cool down</p>	<p><u>25 m/w</u> 1M warm-up drills 2x1M at steady pace 4x100 uphill strides 2M cool down</p>	<p><u>30 m/w</u> 1M warm-up drills 3x1M at steady pace 4x100 uphill strides 2M cool down</p>	<p><u>35 & 40 m/w</u> 1M warm-up drills 4x1M at steady state 4x100 uphill strides 2M cool down</p>
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