

DP Distance 2019 – Coach Micks – March 11 - 17

Monday: 1) drills, 6x50 fast/walk back  
 2) 800: 100s or 150s at 800>400 pace / walk 50-jog 200  
 16/32: 200s at 1600>800 pace / jog 200  
 3) 2-3M easy run

Tuesday pre-meet

Wednesday dual meet against Cabrillo at San Marcos

Thursday: drills, core, easy run

Friday: 400s at 10K pace + 4x100/walk 100 + cool down  
 Between 400s: jog 1:00/100m. Between sets: walk 400

Saturday off or short

Sunday long

Monday: 6x50 fast + 800: 100s or 150s. 16/32: 200s

Wed (3/20) dual meet against San Marcos at DP

800	Su	Mon	Tu	We	Th	Fr	Sa	Su	Mon
Josie	5	6x50 fast 6x150@800>400 +2M	3M	800 4x400 HJ	4	2x(5x400/1:00J) J=1:36 4x100 CD=1	2	5	6x50 fast 6x150@800>400 +2M
Lizette Zoe Katie	5	6x50 fast 6x150@800>400 + 2M	3M	800 4x400 K: 1600 L: 1600?	4	2x(4-5x400/1:00J) K=1:41 4x100 CD=1 L=1:43 Z=1:43	2	4	6x50 fast 6x150@800>400 + 2M
Esmerelda Ailee Ella London Emily Kylie	5	6x50 fast 6x150@800>400 + 2M	3M	800 4x400 Em: 16 L: 16	3	2x(4x400/1:00J) Es=2:00 4x100 CD=1 A=1:50 El=2:00 Em=1:55 K=2:00	0	4	6x50 fast 6x150@800>400 + 2M
Ariana Taylyn	5	6x50 fast 4x150@800>400 + 2M	2M	800	3	2x(4x400/1:00J) A=2:20 4x100 CD=1 T=2:30	0	3	6x50 fast 4x150@800>400 + 2M
Deanna Grace Alva Mariana	4	6x50 fast 6x100@800>400 +1M	2M	800	3	2x(4x400/1:00J) D=2:15 4x100 CD=1 G=2:30 A=2:40	0	3	6x50 fast 6x100@800>400 +1M
<b>16/32</b>									
Molly Emmi	8	6x50 fast 6x200@1600>800 +3M	3M	1600 3200	4	2x(5-6x400/1:00J) 4x100 CD=1 M=1:37 E=1:37	3	7	6x50 fast 6x200@1600>800 0 +3M
Estella	7	6x50 fast 6x200@1600>800 +2M	3M	3200	4	2x(5x400/1:00J) E=1:46 4x100 CD=1	3	6	6x50 fast 6x200@1600>800 0 +3M
Olivia Jessica	5	6x50 fast 4x200@1600>800 +2M	3M	O: 3200 J: 1600	4	2x(4x400/1:00J) O=1:48 4x100 CD=1 J=1:48	0	5	6x50 fast 4x200@1600>800 0 +2M