

DP Distance 2019 – Coach Micks – March 4 - 10

Monday weights, easy run
 Tuesday track workout (see table)
 Wednesday drills, core, easy run
 Thursday Redondo runners: pre-meet. Others: short easy run
 Friday Redondo runners: race 3200
 Ventura Invitational runners: pre-meet
 Others: simulate race: (800 or 1600) + 6x150 or 4x200.
 Saturday: Redondo runners: Short or off
 Ventura runners: 1600, 4x800 relay, and/or distance medley relay
 Sunday: Long-ish run
 Monday: Light track workout
 Wednesday League Meet at San Marcos

	M	Tu	W	Th	Fr	Sat	Sun	Mon
Josie 400@10K 300@800	4	7x400/1:00J, J=96 4x300/3:00J, J=56 2x(Stride150-Float50-Kick100) 1M cool down	4	4	3	Vent 1600 4x800? HJ	5	6x50 fast 6x150@800>400 +2M
Lizette Zoe Katie	4	6-7x400/1:00J, L/Z=1:42 K=1:41 3x300/3:00J, L/Z=61 K=60 2x150-50-100, 1M cool down	4	4	3	Vent L=1600 K=4x8,DMR	5	6x50 fast 6x150@800>400 + 2M
Molly Emmi 600@3200 400@1600 300@800	5	2x(600(2:18)+400(86)+ 300(60)+200(38)+150) 2:00 jog btw reps 400 wlk btw sets 2x150-50-100, 1M cool down	4	3	Rdndo Race 3200	3	8	6x50 fast 6x200@1600>800 +3M
Estella 600@3200 400@1600 300@800	4	2x600(2:30)+400(95)+ 300(64)+200(39) 2:00 jog btw reps 400 wlk btw sets 2x150-50-100, 1M cool down	4	4	3	Vent 4x800 DMR-16	7	6x50 fast 6x200@3200>1600 +3M
Olivia Jessica 600@10K 300@1600	4	4x600/2:00J O=2:42/J=2:46 4x300/2:00J O=71/J=72 2x150-50-100 1M cool down	4	4	3	Vent 4x800 DMR	5	6x50 fast 6x200@1600>800 +2M
Ailee Ella London Emily Kylie 400@10K 300@800	3- 4	6x400/1:00J El=1:51/A=1:47/Em=1:44/L=1:44/K=1:5 2 3x300/3:00J El=65/A=62/Em=61/L=61/K=66 2x150-50-100 1M cool down	3-4	4	3	Vent 4x800 DMR(4,8)	5	6x50 fast 6x150@800>400 + 2M
Esmerelda Ariana Taylyn 400@10K 300@800	3- 4	5x400/1:00J E=1:53/A=1:56/T=2:10 3x300/3:00J E=67/A=68/T=80 2x150-50-100 1M cd	3-4	3-4	3	Vent 4x800	5	6x50 fast 6x150@800>400 + 2M
Deanna Grace Mariana	3	4x200/jog 200 4x150/wlk jog 250 4x100/walk 100, 1M cool down	3	3	2	Vent 4x800	4	6x50 fast 6x100@800>400 +1M

