

## Spring Break Workouts for Distance Runners

It is really important that you run over spring break to maintain what you've started these first three weeks of practice. If done right, you should even be able to continue to advance your fitness. If you decide not to run at all, it will be like you are starting the season over. Even if you can't get in full workouts, try to do some running. You may need to be creative and use a treadmill (if you are at a hotel and running outside isn't an option). I know it is hard to want to run on vacation, but if you put your mind to it, you can do it. Here are some workouts to do over spring break. You should choose 2 of these workouts to do over the break.

All workouts should be preceded by 5-10 minutes of easy warm up running and finish with 5-10 minutes of easy running to cool down.

Hills: Similar to what we did our first week of practice. Find a hill and do 4-8 x hills reps. This could be a longer hill done at a medium hard effort or a short hill at a faster effort. Or you could do a combination of both.

Turn Run: Do an out and back run timing yourself on the way out. When you turn around try to make it back to the start 1-2 minutes faster than you ran on the way out. You would be essentially doing an "Uptempo" effort on the way back.

Pick ups: Run an easy to steady effort continuous run and put in pick ups of anywhere from 15-60 seconds at a faster pace. You choose the pace of the pick ups, but generally the shorter to pick up, the harder the effort. Take 1-3 minutes of regular running in between picks ups.

400's: If you have a smart watch or GPS watch, you could measure off a distance of 400 meters (.25 miles) and do some 400 intervals. Do a warm up jog first, then do 4-8 x 400 meters at mile race pace. Many of you won't know this pace yet, which is fine. Just do a harder effort then, trying to time yourself and try to do a pace that you can consistently replicate during each interval. Walk or jog a little between each interval. Take about 1 1/2 – 2 times the amount of time it takes for you to run the interval for your rest. For example, if you run the 400 in 1:30 seconds, take about 2-3 minutes rest.

800's: This workout would be like the one we did on the track during week 2 of practice. Do a mile warm up first, the 3-5 x 800's at interval pace. Try to remember what time you were hitting in the first workout. Take about equal recovery time to running time. So if you ran for 3:30, rest for 3:30. Cool down afterwards.

Again, choose 2 of these workouts over break. The rest of the days should be easy to moderate continuous runs. Distances would be 3-5 miles trying to go a little further each week. Don't forget to do some striders on some of the easier days. And do some core work on 3-4 of the days as well.

Any questions on workouts, don't hesitate to send me an email through Google Classroom, a message through Remind or a text.