

Workouts for May 4-9 – Safety First, but no group running!

Anaerobic	4	Aerobic	5	Vo2	6	Aerobic	7	LT	8	Aerobic	9
Morn: 13 miles		Morn: 5 miles		Morn: 7 miles		Morn: 4 miles		Morn: 5 miles		Long Run 10-13 Miles + CH3	
After: HIT + 6x200 1 fast 1 slow + 2 miles + Extra Core		After: HIT + 7 miles + 3x150m + CH1		After: HIT + 3x1200, 3x600, 3x300 + 3 miles + Extra Core		After: HIT + 5 miles + CH2		After: HIT + 3x4,4,4 (70%, 80%, 85%+) + 3 miles + Extra Core			

Do as much core and strength work as you can during this time to be as fit as possible when we return. Remember, everyone is going through this. Be smart, be safe, stay fit! Do not run in groups! Do as much of the Extra Core as you can.

Use this as a chance to get stronger aerobically for XC! The top 7 for XC on both sides is wide open! We will have our top 16 meetings in a few weeks! Be fit and ready to compete for top spots!