

**Workouts for May 11-16 – Safety First, but no group running!**

Anaerobic	11	Aerobic	12	Vo2	13	Aerobic	14	Tempo	15	Aerobic	16
<b>Morn:</b> 13 miles  <b>After:</b> HIT + 3x200 fast + 2x150 + 2 miles + Extra Core		<b>Morn:</b> 5 miles  <b>After:</b> HIT + 6 miles + 3x150 + CH1		<b>Morn:</b> 6 miles  <b>After:</b> HIT + 12x400 at current 3200 race pace + 2 miles + Extra Core		<b>Morn:</b> 4 miles  <b>After:</b> HIT + 4 miles + 3x150 + CH2		<b>Morn:</b> 4 miles  <b>After:</b> HIT + 3 mile tempo + 2 miles + Extra Core		Long Run 10- 13 Miles + CH3	

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 this week! Congrats to those who were selected! Be fit and ready to compete for top spots!