

Distance workout for Vacation

- Friday: Warm up jog
Stretch
3 mile pole work
about every 50 meters either do high knees,
bounding, striders.
100 push-up/100 Sit-ups
- Saturday: Long easy run.
Run at least 3 miles.
Lung-walks
- Monday: Warm – up jog
Stretch
Form work
Hard 400 workout – 4 – 400 @ 75%
- Tuesday: Warm – up jog
Stretch
Long Run 3 miles
Push-ups/Sit-ups 100/100
- Wednesday: Warm – up jog
Stretch
Run a race of your choice at race pace and a mile
cool down.
- Thursday: Warm – up jog
Stretch
Easy 30 minute jog around town.
- Friday: Warm – up jog
Stretch
Run 4- 400 @ 80 %
800 cool down

Rest the next two days and get ready for the meet with Buhach on
4/18 and the nice all weather track. HAVE A GREAT
VACATION !!!!!!!