

Week #15 (April 04 - April 11)

Goal: 5 Days Running (again). Long Run and two solid workout days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.0 Mile Easy Run /15 Min Core	4.5 Mile Speed Workout	2.5 Mile Easy Run/ 15 Min Core	6.0 Mile (Repeat Tempo Miles)	OFF	10-11 Mile Long Run	OFF
<p>This is a same workout as last week (you ran it in 10M Miles)</p> <p>Aim to run the 3.0 Miles in about 32 Minutes. Pace should be easy and comfortable.</p> <p>Tomorrow is a hard day (And Thursday too).</p> <p>Core workout of Choice for 15 Minutes</p> <p>A good day to revisit head position. Spine between back and head should feel straight and balanced. No strain in neck muscles. (no bending). Gaze should be 10-15 feet in front of you when you run.</p>	<p>Drills (A, B & C)</p> <p>Warmup:</p> <p>11:00/Mile (5.5) for 2 Minutes 10:00/Mile(6.0) for 1 Minute 09:30/Mile (6.3) for 1 Minute 09:00/Mile (6.6) for 1 Minute 08:20/Mile (7.2) for 30 Seconds 09:00/Mile (6.6) for 1 Minute 08:20/Mile (7.2) for 30 Seconds 10:00/Mile(6.0) for 2 Minute</p> <p>Workout: These are tough workouts for distance runners as we're really going into max aerobic capacity Lactic acid build up and running a pace that is much faster then our goal race pace but they also really push your fitness into higher</p>	<p>Aim to run the 2.5 Miles in 30 Minutes. Should feel ridiculously slow..</p> <p>Pace translates to about 12:00/Mile! Slow!</p> <p>Reason we're doing with is to help recover you for tomorrow's run. Keep the blood flowing and muscles loose.</p>	<p>Drills (A, B & C)</p> <p>Warmup:</p> <p>11:00/Mile (5.5) for 2 Minutes 10:30/Mile (5.7) for 1 Minute 10:00/Mile(6.0) for 1 Minute 09:30/Mile (6.3) for 1 Minute 09:00/Mile (6.6) for 1 Minute 08:30/Mile (7.0) for 30 Seconds 09:00/Mile (6.6) for 1 Minute 08:30/Mile (7.0) for 30 Seconds 10:00/Mile(6.0) for 2 Minute</p> <p>Workout:</p> <p>09:05/Mile (6.6) for 9 Minutes 12:00/Mile (5.0) for 1 Minute Repeat a total of 4 times If You feel AMAZING you could add a 5th</p>		<p>Warmup/Workout/Cool down:</p> <p>They are all the same and the goal today is just time on feet. Pace should be comfortable. I always like to put those Heart Rate restrictions in. Hoping for good weather!</p> <p>Also good chance your legs may feel a bit off at the start. A hard run Thursday with the day off yesterday will do that. Don't worry, you'll warm up into it</p> <p>3 Weeks to the WPS 1/2!!!</p>	<p>If you really want, do core or yoga, no running. Enjoy a Sunday off.</p>

