

MVTF16 Distance: Spring Break Workouts

Some men give up their designs when they have almost reached the goal; while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than ever before.

~Herodotus

These workouts can all be run on-your-own (OYO), however it is always more fun and easier to run with friends! Some ideas:

- *Organize a breakfast run: If you live near Rancho, why not invite friends over to your house, run at Rancho and host a breakfast/study party/pizza and movie/video game night afterwards?*
- *Take a field trip with friends: Talk your parents into driving you to Santa Cruz (I can suggest a run); Sawyer Camp (I can also suggest a run), or Campbell Park/Los Gatos Creek Trail (Sanjana or I can suggest runs!).*

Friday April 9: Recovery day 4-5 miles conversational, flat. It's the start of a week break so maybe throw the Frisbee around! Core for 20 minutes.

Saturday: Long run, probably 8-12 for most people. Easy-conversational pace, however for the last couple miles pick up the pace slightly but not all the way to tempo pace. 4x200 at the end with full recovery walk-jog (breathing back to normal) in between reps. It would be great to make this a hilly run, Rancho, Garrods—or Nisene Marks in Aptos 😊

Sunday: Active rest (don't run but you can do something active—ride a bike, play a game, swim!)

Monday: A Hopkins' Special. This run is on the track and it will be much easier to run this workout with friends. Warm up, then run this workout:

2x (\mathbf{n} at your threshold pace + 90 sec recovery) + 4x (150m + 350m walk/jog recovery)

where \mathbf{n} = 4000m if threshold pace <5:30, 3200m if 5:30-6:30, 2800m if 6:30-7:30, 2400m if >7:30.

The 90 second recovery is more of a mental reset than a true recovery, while the 350m is meant to be a full recovery.

Feel free to challenge yourself with an extra 400m added to \mathbf{n} ! I believe you will benefit more if you go a little slower, but run more distance within your threshold pace, than running faster and covering less distance. More time running at within your threshold pace zone is going to benefit you more than less time at a faster pace. Your threshold zone is probably 30-40 seconds per mile wide, so if you slow down 10-15 seconds per mile but can go another half mile or mile at that pace you may be getting more training benefit. Talk to me if you are not sure what you can or should be doing to get the most benefit from your training time.

Cool down, core (pick exercises around the circle, and a really good stretching session.

Tuesday: Endurance run/long. Probably 6 to 12 miles at conversational pace for most people. Freshmen don't have to overdo it! Nice stretch session + 10 minutes of leg-focussed core.

Wednesday: 4-8 mile maintenance run—flat, conversational pace; would be nice to do a different course than usual. 6x100m strides at the end, if you are on the track maybe

do your strides in socks on the track. Core and stretching.

Thursday: Tempo run. I'm looking for between 20 and 30 minutes at threshold pace, so if you are running faster than 7 minutes/mile for your tempo pace I'd like you to make your tempo 3.5 to 4 miles long. If you are a varsity runner heading towards competing at CCS, your tempo run should be 25-32 minutes long at your T pace. A flat course is fine; if you can get someone to drive you to someplace new, I really like the Los Gatos Creek trail for threshold runs (I've seen Sanjana and her mom out on that trail over weekends). I can make a suggestion for where to run on the LG Creek trail, one of my favorite places for my threshold runs. 2x200m strides at the end of the run. Core.

800m Runners: You can do the tempo run above, or you can do an increasing speed/decreasing recovery workout. We did this earlier in the season: 16x200m in sets of 4, after each set of four 200s your target 200 time decreases by 1 second and your recovery decreases by 5 seconds. Recovery starts at 50 seconds for the first set, 45 for the second set, 40 for the third set, 35 for the fourth set. Your pace should start at your current 800 race pace plus 3 seconds and end at equal to your race pace (try to be 1 second under your race pace for the last two). So for a 2:00 800m runner, you would run: 4x[200@33 with 50 seconds rest]+4x[200@32 with 45 seconds rest]+4x[200@31 with 40 seconds rest]+2x[200@30 with 35 seconds rest]+2x[200@29 with 35 seconds rest]. This workout will be MUCH easier to do if (1) you find partners to run with, even if the partners are a little faster or slower, and (2) you have another partner to hold a watch and yell out splits. This workout is hard to run solo; a team really helps!

Friday: Recovery day 4-6 miles conversational, flat. 6x60m strides at the end, if you are on the track try in socks on the field. Core.

Saturday: Long run, probably 7-12 for most people. Mostly easy-conversational, and the last couple miles pick it up slightly but not all the way to tempo pace. Work in some hills if possible. 4x200m at the end with full recovery (breath to normal) in between.

Sunday: Active rest (don't run but do something active—ride a bike, play with a Frisbee, swim, something where you are moving around!)

Monday: Coach will be running the Boston Marathon! For the rest of you...threshold run back from Stevens Canyon, 3 to 4 miles depending upon what you have done in the past. 2x200m after you are done. Exception: If you are not going to be competing at Leagues, Wilcox will be your last meet, and so I may have you run a maintenance run today.

Tuesday: See you at the track for pre-race—I will be back from Boston!

Wednesday: Last dual meet of the year at Wilcox!

Hip Strength: If you have a theraband and have been asked to use this for hip strength development (clams, squats, etc)...use this every other day during the off week! Let's get with the program if we have lost focus.

Shin Splint Prevention: I'd like us to take a little time to avoid shin splints.

1. Try to do one long heel walk and one long toe walk (30-50m) on Monday, Wednesday and Friday during warm ups.
2. Do a set of 'toe taps' while leaning back against a wall in your house twice in a day, to exhaustion, at least four times this week.
3. Every other day at least, find a stair and do a 3 minute heel drop on each leg from a stair.