

Distance Workout- Week #2

Turnout - 4/13/20 - Big 6 Stretch, 30-60 minute run, Big 6 stretch, & 50-100 pushups & situps

Turnout - 4/14/20 - Warmup, 1 x 1200 @ 5K pace, 2 x 800 @ 3200 pace, & 3 x 400 @ mile pace with a 400 jog recovery, Warm-down, Doc T - "A"

Turnout - 4/15/20 - Big 6, 30-45 minute Fartlek run, 4 x Bruin Hill @ mile pace, 4 x 100s @ mile pace, Big 6, P-90x (What you remember).

Turnout - 4/16/20 - Warmup, 12-16 x 200s @ mile pace with a 200 jog recovery, Warm down, & Doc T - Plan "B"

Turnout - 4/17/20 - Big 6, 30-60 minute run (work in hills), 4-6 x 100s @ mile pace, Big 6, & The "50" Workout - pushups, sit-ups, etc.

Turnout - 4/18/20 - 30-60 minute run

Turnout - 4/19/20 - Run, Cross-Train or Rest