

Distance Workouts from this week:

Turnout - 4/6/20 - Big 6, 30-60 minute run, 4 x 100 meters @ mile pace, Big 6, pushups, sit-ups & pull-ups

Turnout - 4/7/20 - Jog 2 laps, dynamic warmup, 6 x 800's @ mile pace with a 400 jog recovery, jog 2 laps, Big 6, & Doc T - Plan "A"

Turnout - 4/8/20 - Big 6, 30-45-minute Fartlek run, 4 x Bruin Hill @ mile pace, 4 x 100s @ mile pace, Big 6, 50-100 pushups & sit-ups

Turnout - 4/9/20 - Jog 2 laps, dynamic warmup, 9 x 400s @ mile pace with a 200 jog recovery, jog 2 laps, Big 6, & Doc T - Plan "B"

Turnout - 4/10/20 - Big 6, 30-60 minute run, Big 6, & The "Fifty" workout - pushups, sit-ups, squats, planks, leg lifts & mirror running

Turnout - 4/11/20 - 45-minute run (Work in some hills), 50 pushups & sit-ups

Turnout - 4/12/20 - Run, Cross-Train or Rest

Keep tuned into Coach Bertrand via the remind app!

Go Bruins!