

Week of Aug 17-22

If you are running on your own, message Coach Snowberg to choose a training level.

Intensity Descriptions

1	2	3	4
Warm-up Easy jog You could have a long conversation. Easy breathing	Jog with a longer stride. You can still chat easily Breathing is a little faster, but not noticeable.	You have to pay a little more attention to holding this pace and stride length. Conversation has a few more pauses.	It feels like you are running across the field to the playground after being stuck in school all day. Your heart rate is up, but you can still talk.

5: Tempo	6: Threshold	Race Pace
You could hold this pace for a long time, but you do have to pay attention to it to keep from slowing down. You should be able to say a complete sentence, but not have a deep conversation.	A pace that takes an effort to maintain. You could say a few words to someone, but you wouldn't be able to have a conversation. Your breathing is faster than normal, but you shouldn't be gasping for breath. You should not feel burning in your muscles, but the pace should be a little uncomfortable.	If you held this pace for an entire race, your muscles would be burning, and you would be breathing hard at the end.

Date	Details				
Monday, Aug 17	First day of practice! 7:30-9:30 AM at Door 11				
	Easy run: Intensity 2-3. Talk to at least 3 teammates.				
	Games				
	SAM				
	A	B	C	D	E
	20 minutes	25 minutes	30 minutes	40-45 minutes	40-45 minutes

Tuesday, Aug 18	7:30-9:30 AM Core Progression Intensity 1, 2, 3, 4 Strides 5-7, Medium <table><tr><th>A</th><th>B</th><th>C</th><th>D</th><th>E</th></tr><tr><td>30 min</td><td>30min</td><td>40min</td><td>45-50min</td><td>50-55min</td></tr><tr><td>1: 33rd Ave 2: Madison or 25th Ave Reverse 3 and 4</td><td>1: 33rd Ave 2: 25th- 22nd Ave Reverse 3 and 4</td><td>10 minutes at each level</td><td>Approx 12 minutes at each level</td><td>12-15 minutes at each level</td></tr></table>	A	B	C	D	E	30 min	30min	40min	45-50min	50-55min	1: 33rd Ave 2: Madison or 25th Ave Reverse 3 and 4	1: 33rd Ave 2: 25th- 22nd Ave Reverse 3 and 4	10 minutes at each level	Approx 12 minutes at each level	12-15 minutes at each level
A	B	C	D	E												
30 min	30min	40min	45-50min	50-55min												
1: 33rd Ave 2: Madison or 25th Ave Reverse 3 and 4	1: 33rd Ave 2: 25th- 22nd Ave Reverse 3 and 4	10 minutes at each level	Approx 12 minutes at each level	12-15 minutes at each level												
Wed., Aug 19	7:30-9:30 Recovery run: Intensity 2-3, talk to 3 teammates Banana Relays <u>SAM</u> <table><tr><th>A</th><th>B</th><th>C</th><th>D</th><th>E</th></tr><tr><td>20 minutes</td><td>30 minutes</td><td>40 minutes</td><td>45-50 minutes</td><td>40 minutes</td></tr></table>	A	B	C	D	E	20 minutes	30 minutes	40 minutes	45-50 minutes	40 minutes					
A	B	C	D	E												
20 minutes	30 minutes	40 minutes	45-50 minutes	40 minutes												
Thurs., Aug 20	Riverside Park 7:30 Van leaves Apollo 7:45 Arrive at Riverside 9:30 Practice done 9:45 Return to Apollo Hilly Loop - Intensity 4-6 Core <table><tr><th>A</th><th>B</th><th>C</th><th>D</th><th>E</th></tr><tr><td>10 minute WU 3-4 hill loops Cool down</td><td>10 minute WU 4-5 hill loops Cool down</td><td>10 minute WU 5-6 hill loops Cool down</td><td>10 minute WU 6-8 hill loops Flat recovery in middle Cool down</td><td>10 minute WU 6-8 hill loops Flat recovery in middle Cool down</td></tr><tr><td>30 minutes</td><td>40 minutes</td><td>50 minutes</td><td>60 minutes</td><td>60 minutes</td></tr></table>	A	B	C	D	E	10 minute WU 3-4 hill loops Cool down	10 minute WU 4-5 hill loops Cool down	10 minute WU 5-6 hill loops Cool down	10 minute WU 6-8 hill loops Flat recovery in middle Cool down	10 minute WU 6-8 hill loops Flat recovery in middle Cool down	30 minutes	40 minutes	50 minutes	60 minutes	60 minutes
A	B	C	D	E												
10 minute WU 3-4 hill loops Cool down	10 minute WU 4-5 hill loops Cool down	10 minute WU 5-6 hill loops Cool down	10 minute WU 6-8 hill loops Flat recovery in middle Cool down	10 minute WU 6-8 hill loops Flat recovery in middle Cool down												
30 minutes	40 minutes	50 minutes	60 minutes	60 minutes												

Friday, Aug 21	7:30-9:30 Recovery run: Intensity 1-3, talk to at least 3 teammates SAM <table><tr><td>A</td><td>B</td><td>C</td><td>D</td><td>E</td></tr><tr><td>25 minutes</td><td>30 minutes</td><td>30 minutes</td><td>40-45 minutes</td><td>40-45 minutes</td></tr></table>	A	B	C	D	E	25 minutes	30 minutes	30 minutes	40-45 minutes	40-45 minutes
A	B	C	D	E							
25 minutes	30 minutes	30 minutes	40-45 minutes	40-45 minutes							
Saturday , Aug 22	Optional Practice 7:30-9:30 AM Location TBD (offsite, NOT Apollo) Long, EASY run. <table><tr><td>A</td><td>B</td><td>C</td><td>D</td><td>E</td></tr><tr><td></td><td></td><td>6</td><td>7</td><td>8</td></tr></table>	A	B	C	D	E			6	7	8
A	B	C	D	E							
		6	7	8							