

This week is was announced kids will not need to get dressed for school each day and can stay in the PJ's all day if their parents allow since they will not need to be in at school for the rest of the year. With this, there will be no track season but workouts will continue to be posted until further notice. This is an amazing time to get a workout in each day and to get really fit.

Working out is one of the only reasons you have to get outside of your house each day so take advantage of it. The next 2 months will have a huge impact upon your next season as you will either come into the season fit and ready to make a difference or totally out of shape and behind where you will desire to be. Keep working hard every day it will make a difference. You running will also have a positive impact on your parents and siblings once you return. Why and how you may ask? It just does, you can ask them and they will be able to confirm this.

With no track session we're going to do a mock race this week. Everyone will race the mile. Get a good warmup, do your stretches and some strides and then run the fastest mile you can. This is to be a data point for you to see where you are and the progress you are making as you continue to train moving forward. Once you've run your mile send me your time as I'm excited to see how everyone is running. Don't worry if it's not on the same day others are running or even a week or two down the road if you're on a different week just let me know if you could. You can run anywhere you desire. I like to run my mile runs around Fossil Ridge High School. I start on the corner of Ziegler and Rock Creek and head east for 1/2 mile and then turn right on Lady Moon. The mile mark is just before you get to Kechter.

Group 1

Day 1 1 miles easy
Day 2 1 mile all out then send coach your time
Day 3 2 miles easy
Day 4 2 mile tempo run so a hard effort for 2 miles straight
Day 5 off or 3 miles easy
Day 6 6 miles
Day 7 off

Group 2

Day 1 2 miles easy
Day 2 1 mile all out then send coach your time
Day 3 2 miles easy
Day 4 off
Day 5 4 mile long run
Day 6 2 miles easy
Day 7 off

Group 3

Day 1 20 minutes easy job with walk brakes if needed

Day 2 1 mile all out then send coach your time

Day 3 20 minutes easy

Day 4 off

Day 5 20 minutes easy

Day 6 30 minutes long run

Day 7 Off



Mindset By Carol Dweck

"The secret of your success is hidden in your daily agenda"

John Maxwell

Have a great week,

Coach Hebert