

“On Your Own” workouts

Workout 1: 15 minute run. Stop and stretch for 3 minutes. 15 minute run. This should be at a steady pace that you can hold. Not too hard/not too easy. Push yourself the second 15 minutes if you feel good.

Workout 2: Get or borrow a watch so you can time yourself. Jog 5 minutes easy warm up. Then for 15 minutes, run 1 minute hard/2 minutes easy. Continue that pattern for fifteen minutes. Then stretch.

Workout 3: Warm up jog for 5 minutes. Go for a 20 minute moderate pace run. Not easy, but not race pace. When finished, find a long flat straightaway and do five 10 second striders.

Workout 4: Warm up jog for 10 minutes. Find a hill that takes you about 45 seconds to run up. Something similar to the maintenance building hill we run next to the Skyview fields. Run up hard. Not an all out sprint, but run with a purpose. Focus on arm swing, knee lift,

and fast feet. Then jog easy down. Do this continuously five times (5 ups, 5 downs). Cooldown jog for another 10 minutes.

Ab workout:

Do one of these ab workouts before your run for the day.

4 sets of 25 crunches. Count a minute break between each set.

One minute plank followed by a one minute rest. Do this 3 times. Focus on your breathing and keeping your body in a straight line.

Distance Runners: Coach Lauren wants you to read this good article!!

[“Running a PR in Track: 12 Tips for a Breakthrough Performance”](#)