

Workouts for March 23-28 – Safety First!

Aerobic	23	Vo2	24	Aerobic	25	Time Trial	26	Aerobic	27	Aerobic	28
Morn: 10-13 miles After: HIT + 5x200 + 2 miles + Extra Core		Morn: 4 miles After: HIT + 8x600 + 5 miles + CH1		Morn: 7 miles After: HIT + 5 miles + 3x150m + Extra Core		Morn: 1 mile Time Trial + 800m Time Trial After: HIT + 4 miles + CH2		Morn: 7 miles After: HIT + 5 miles + Extra Core		Long Run 10-13 Miles + CH3	

Do as much core and strength work as you can during this time to be as fit as possible when we return. Remember, everyone is going through this. Be smart, be safe, stay fit! Do not run in large groups! Do as much of the Extra Core as you can.