

Workouts for April 6-11 – Safety First, but no group running!

Aerobic	6	Aerobic	7	Fartlek	8	Aerobic	9	Aerobic	10	Race	11
Morn: HIT + 6x200 + 3 miles + Extra Core After: 13 miles		Morn: 4 miles After: 7 miles + 3x150 + CH1		Morn: 5 miles After: HIT + 20 min fartlek 1 on, 1 off + 3 miles + Extra Core		Morn: 4 miles After: 7 miles + 3x150 + CH2		Morn: 4 miles After: HIT + 3 miles + 3x150 + Extra Core		Time Trial 1600, 800, or 3200, or 5k time trial (Choose one or two). Do warm up, time trial, 3 mile cool down	

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 groups! Do as much of the Extra Core as you can. Use the time trials as a fun chance to test your fitness. 😊