

Workouts for March 16-21

Rest	15	Aerobic	16	Anaerobic	17	Aerobic	18	LT	19	Aerobic	20	Aerobic	21
Rest (mile week)		Morn: 5 miles After: HIT + 8 miles		Morn: 8 miles After: 9x300 + 2 mile + CH + Plyos/Med Balls		Morn: 7 Miles After: HIT + 7 miles		Morn: 4 miles After: 4 mile tempo run		Morn: 5 miles After: HIT + 7 miles + Extra Core		Long Run 10-13 Miles	

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!