

## Spring Track Pre-Season Workouts 2017

500 / 1000 / 2000 Runners

Always Do Dynamic (Moving) Warmups Stretching and Static (stationary) Cool Down try to do with a partner, it's more fun!

The goal is to ease you into running shape or keep your fitness so we can have the best season in HHS history.

Be Honest with yourself on your starting level of fitness. If you did Winter Track do the #1 workouts. If coming out of a Winter Sport like BB, you should be able to do the #1 workout. All others do the #2 workouts

Starting Jan 30, to Feb 13, 2017 do 4-5 workouts in a 7 day period.

### Workout #1 Day 1

#1 15 min easy Fartlek run #2 10 min easy run without stopping

### Workout #2 Day 2

#1 10X 1 min easy run/1 min walk between each #2 10 X 30 sec run/15 sec walk between each

### Workout #3 Day 3

#1 15 min easy pace running #2 5 min easy running, 5 min pick up pace running, 3 min pick up pace running

### Workout #4 Day 4

Repeat Day 1 workout

### Workout #5 Day 5

#1 6 min easy, 3X3 min tempo run with 1 min walk between, 5 min easy #2 4 min easy, 3X 1min tempo runs, 1 min walk between, 5 min easy

Do All Workouts in Order even if you take a day off, keep them in order.

Repeat Days 1-5 each week. Add 1 min to each part of the workout each week. Ex: Day 1, week 2, 16 min Fartlek and 11 min easy. Day 1, week 3, 17 min and 12 min.

If you have questions, feel free to stop by The PE coaches' office in the 1700 hallway. Coach Todd