

Workouts for April 13-18 – Safety First, but no group running!

Aerobic	13	LT	14	Aerobic	15	VO2	16	Aerobic	17	Aerobic	18
Morn: 13 miles After: HIT + 4x200 + 3 miles + Extra Core		Morn: 4 miles After: HIT + 3 mile tempo + CH1		Morn: 7 miles After: HIT + 6 miles + Extra Core		Morn: 4 miles After: HIT + 6x600 + 3x150 + 2 miles + CH2		Morn: 5 miles After: HIT + 6 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 groups! Do as much of the Extra Core as you can.

Use this as a chance to get stronger aerobically for XC!