

**Workouts for March 30-April 4 – Safety First, but no group running!**

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>		<b>Saturday</b>	
Aerobic	30	Tempo	31	Aerobic	1	Anaerobic	2	Aerobic	3	Race	4
<b>Morn:</b> 10-13 miles		<b>Morn:</b> 4 miles		<b>Morn:</b> 7 miles		<b>Morn:</b> 5 miles		<b>Morn:</b> 5 miles		<b>Time Trial</b> 1600, 800, or 3200, or 5k time trial. Do warm up, time trial, 3 mile cool down	
<b>After:</b> HIT + 5x200 + 2 miles + Extra Core		<b>After:</b> HIT + 3 mile tempo + 2 miles + CH1		<b>After:</b> HIT + 6 miles + 3x150m + Extra Core		<b>After:</b> HIT + 7x300 fast + 2 miles + CH2		<b>After:</b> HIT + 3 miles + Extra Core			

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.