

Workouts for April 27-May 2 – Safety First, but no group running!

Fartlek	27	LT	28	Aerobic	29	Fartlek	30	Aerobic	1	Aerobic	2
Morn: 13 miles After: HIT + 3 + 3x150 + Extra Core		Morn: 4 miles After: HIT + 4 mile tempo + CH1		Morn: 7 miles After: HIT + 6 miles + Extra Core		Morn: 4 miles After: HIT + 21 min Fartlek 2 on/1 off + 2 miles + CH2		Morn: 5 miles After: HIT + 6miles + 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! The top 7 for XC on both sides is wide open! We will have our top 16 meetings in a few weeks! Be fit and ready to compete for top spots!