

Alhambra Summer Running

Suggested Workouts for Week 4

Notes:

1. In the suspension of workouts for the foreseeable future, these workouts are designed to maintain the progress we have achieved already in the past three weeks.
2. As always, the consideration of running with a mask to use when running past other people needs to be observed. So does responsible social distancing if you are running with a training partner. Please do this right.
3. The workouts are labeled by ability, and perhaps do not strictly go by the previously assigned kennels.

All workouts begin with a warmup - -

1. A sustained run of 5-10 minutes
2. standard drills
3. fence leg swings

All workouts end with

1. 6-8 strides
2. core work

Monday: Lollipop variations

Everyone to the top of Knotzeen the long way, and return the long way

- A Group: to the windmill loop
- B Group: to the lollipop tree
- C Group: from the top of Knotzee, turn around and run back

Tuesday: Frankin Canyon variations

- A Group: beyond Orange Gate
- B Group: Orange Gate
- C Group: Louie Lane

Wednesday: Snake road Variations

- A Group: to the stop sign, or the end
- B Group: to the Parking Lot (down the hill past the graveyard)
- C Group: to Rankin Pool or the Graveyard

Thursday: Track 400's x 6 - 8

Use the following chart to find your target pace for the 400's. The rest interval is 1-2 minutes.
This chart also has the desired paces for the other distances

Paces - - based on mile PR

Mile PR	long distance	short distance	200	400	800	1000
	(3-10 miles)	(1-3 miles)				
	min/mile	min/mile				
4:45	7:25	6:20	35	72	2:35	3:30
5:00	7:40	6:30	36	75	2:45	3:40
5:30	8:20	7:00	41	84	2:55	4:00
6:00	9:00	7:30	44	88	3:20	4:25
6:30	9:40	8:00	48	95	3:55	4:45
7:00	10:00	8:30	51	100	4:15	4:55
7:30	10:45	9:00	54	105	4:10	5:20

past this, run to feel - - that is, comfortable enough to finish the distance

Friday: Runner's choice - - run someplace for 45-75 minutes.