

Pioneer Diamondback Track & Field Workout

Social Distancing Week 2

	Monday March 30th	Tuesday March 31st	Wednesday April 1st	Thursday April 2nd	Friday April 3rd	Weekend
Sprinters & Relays	400m @ 62 - 64 350m @ 48 - 50 Full Recovery 10 - 12 Min 4 X 150 Stride Outs @ 24s rest-Walk 250	3 sets of 200 - 100 - 200 rest 10-12 minutes 8-10 minute cool down jog	O2 Recovery 2 - 3-mile jog 10-15 minutes of AB work	6 X 150m @ 22s rest-Walk 3 min	Ins and Outs Run /walk For 20 minutes. Whatever location you can use.	Recover
400 / 800	400 - (AM/PM) Plyo workout / Core 3-5 Mile Easy Run 800 -(AM/PM) Plyo workout / Core PM 3-5 Mile Easy Run 5 mile run	400 - (AM/PM) HIIT Workout 1-2-3-4-3-2-1 Fartlek (20min) 2 min between reps 800 - HIIT Workout 1-2-3-2-3-4-3-2-32- 1 (30 min) Rec - 360m jog	400-(AM/PM) Yoga Session (20- 30 mins) 8x80m Ins/Outs Rec- 5 min 800 - (AM/PM) Yoga Session (20-30 mins) 12x40m Flies (3 miles) Rec- 5 min	Rest	400 - (AM/PM) 3-5 Mile Easy Run Plyo / Core 800 - (AM/PM) 5 - 7 mile easy run Plyo / Core	Saturday 400 & 800 Yoga/Stretch session (20-30 min) Sunday Rest
Distance	2 easy miles followed by a controlled tempo for 3 miles @ 6:00- 6:30 pace	5 miles easy	10 minutes easy jog, then 30 minutes of 1min hard, 2 min easy	5 miles easy	2 miles easy followed by controlled tempo 3 miles @ solid challenging pace- <u>record your time for 3 miles</u>	Saturday 6 miles Easy Sunday Rest

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