Pleasant Valley Girls Track and Field 

Week 4 Training Plan Distance Crew (Spring Break)

**Monday – March 11, 2024 –**

Aerobic Run OR 60 minute cross train (bike, elliptical, swim)

20-40 min

6 x strides

**Tuesday – March 12, 2024 –**

Aerobic Run

20-40 min

6 x strides

**Wednesday – March 13, 2024 –**

Aerobic Run OR 60 minute cross train (bike, elliptical, swim)

20-40 min

6xstrides

**Thursday – March 14, 2024 –**

Aerobic Run

20-40 min

6 x strides

**Friday – March 15, 2024 –**

Aerobic Run OR 60 minute cross train (bike, elliptical, swim)

20-40 min

6xstrides

**Saturday – March 16, 2024**

Long Run

5-8 miles

8 x hills (find a decent hill, hopefully 20 seconds of good hill workout) OR 8 x 1 minute on, 1 minute off

The focus on this week is both recovery in terms of intensity and maintaining the fitness you’ve developed through winter training and the first few weeks of the season. Listen to your body this week and find the discipline and resourcefulness to stay consistent being away this week

**For 400/800 athletes – you can use the following template if you have the ability to do so:**

Monday – 30 minute run w/ 4 x 20-second strides beginning at 10-minute mark of run

Tuesday – Warmup, then 3 x 35 seconds @ 80-85% intensity, 3 x 25 seconds @ 85%, 3 x 20 seconds @ 85% intensity; slow jog recovery in-between - (take 5-6 minutes between each rep); Cooldown

Wednesday – 30 minute run w/ 4 x 20-second strides beginning at 10-minute mark of run

Thursday – 30 minute run w/ 4 x 20-second strides beginning at 10-minute mark of run

Friday – Warm-up, sprint drills, 9 x 30 meter sprints or approximately 5 to 7-second sprints @ 90-95% (3-minute recovery in between reps; Do an easy jog in-between sets to stay loose – Take the whole recovery, you want each one to be quality)

Cooldown/Stretch/Abs

Saturday – 30-minute run w/4 x 20 sec. strides beginning at 10-minute mark of run (or travel day/off – take a brisk 10-20 minute walk/stretch/roll out)

**Core/supplemental routines**

Do Abs or some type of core exercises 3 days this week.

Core routine:

* Glute bridge w/marching – 10 reps each leg
* V-ups x 20
* Plank lift x 8 each leg
* Donkey kicks x 10 each leg
* Fire hydrant x 10 each leg
* Leg Raises x 15
* Side plank x 20 seconds each side
* Superman x 15
* Bicycle Abs x 20 cycles

If you want a good challenging routine that you can modify based on time/reps. All of this is one workout:

2:00 minute plank

1:00 minute side plank (1:00 minute for each side)

50 x flutter kicks (one kick with each leg = 1 rep)

Bicycle Abs with holds (so you cycle your leg, then hold for 2 seconds, then cycle to other leg, then hold for 2 seconds). Do this for 1:00 minute

Or: 2 sets of 3 and a half minute abs:

* 30 seconds of crunches, 30 seconds plank (right side), 30 seconds of crunches, 30 seconds plank (left side), 30 seconds of crunches, then 60-second plan. For the second set, do flutter kicks or exercise of your choice in place of crunches.