Pleasant Valley Girls Track and Field 

Week 8 Training Plan January 29- February 3

**Monday – January 29, 2024 Week 8 Mileage Goal: 19-29**

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| **Long Sprints (400/800)** | **Distance (800/1500/3000)** |
| Meet on HS Indoor Track for Plyos (3:45 – 5:00 p.m.) | Meet on HS Indoor Track for plyos (1:30 – 2:45 p.m.) |

**Tuesday – January 30, 2024**

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| **Long Sprints (400/800)** | **Distance (800/1500/3000)** |
| 800m Pace Workout (St. Ambrose Univ.)  Warm-up routine (10 min. warm-up and drills)  2 x 200m (replicate start of 800m race) – walk 200m as recovery; then 400m @ 85% (approx. 82-90 seconds) with a 15m run-in; then 5 min. recovery  Finish up with 2 x 120m (25-28 seconds) with 100m walk, 150m jog for recovery  Cooldown/Stretch | 1-2 mile warm up  2 sets of 3- 4x300 @ 3k pace (faster than tempo); 2-3 minute rest between 300; 5-6 between set |

**Wednesday – January 31, 2024**

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| **Long Sprints (400/800)** | **Distance (800/1500/3000)** |
| 10 min. of mobility or 1 min. of soft tissue work/stretching/roll out and/or 20-30 min. of brisk walk | 3-6 mile easy run  4-6x strides |

**Thursday – February 1, 2024 – Plyos @ 3:45 @ PVHS or St. Ambrose University**

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| **Long Sprints (400/800)** | **Distance (800/1500/3000)** |
| Meet on HS Indoor Track for Plyos (3:45 – 5:00 p.m.) | 1-2 mile warm up  3-4 Riverdale Hills (base to ‘no parking sign’)  1 full Riverdale Hill  1-2 mile cool down |

**Friday – February 2, 2024 –**

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| **Long Sprints (400/800)** | **Distance (800/1500/3000)** |
| 30-minute run with 4 x 20 second strides beginning at 10-minute mark of the run | OFF or   40-60 minute cross train OR   2-3 mile easy run |

**Saturday – February 3, 2024 – Practice @ Location TBD (a.m.);**

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| **Long Sprints (400/800)** | **Distance (800/1500/3000)** |
| Aerobic repeats – 10 min. warmup (include 4 x 20 sec. strides beginning @ 3 min. mark);  Workout is 5 min. @ 5K pace with 2-3 min. easy recovery (Repeat 3 more times for total of 4 sets)  5 min. cooldown (easy)  Stretch/Core | 5-8 mile long run; stop and do 4-6 strides in last 20 minutes of run (add on half a mile from last week) |

**IF THERE ARE DAYS YOU ARE UNABLE TO RUN DUE TO THE WEATHER, 10-15 Minutes of mobility work (Hip or Hurdle Drills, Core), Soft tissue work (Stretching, massage gun, heat/ice) or a 20-30 minute brisk walk or bike or an easy swim would be great alternatives.**

**Defining Easy runs and long runs w/strides:**

Example: 20-minute run with 4 x 20-second strides beginning at 10-minute mark of run

Explanation: Athletes will run easy for 10 minutes, then at 10-minute mark, you’ll go straight into your strides. So stride 1 for 20 sec. @ 5K pace, then how ever much recovery time is needed – say 2 minutes of easy running, then go into 2nd stride for 20 sec. @ 5K pace, etc. until all 5 strides and remaining 10 minutes of workout are complete.