

DISTANCE WORKOUTS:

GUIDELINES FOR ALL WORKOUTS: *This will not be easy for a lot of you; you have not been running on a consistent basis and you need to get back into that..once you can do the below comfortably, you can always start adding time/intensity to your runs*

- **The first 5-6 days of running need to just be long easy runs**
- **Runs really need to be at least 30 min in length to help at all**
- **You should always start out easy, end easy...once you start getting in shape a little you can throw some tempo in middle**
- **Always a good idea to do at least 4-6 strides end of longer runs**
- **Focus on breathing/head and arms relaxed...**
- **Start doing your core: Situps/pushups/any other core strength; weights will be beneficial to you in off-season**

****ALL SPEED/TEMPO TYPE RUNS (except #6) SHOULD HAVE A WARM-UP OF AT LEAST A 800-MILE BEFORE AND SOME RANGE OF MOTION:**

<u>#1</u> Warm-up 60/60's Start with 8-10; add to that Cool down/Core	<u>#2</u> Warm-up 2 minute pace runs Start with 4-5 Walk 2 minutes between Cool down/Core	<u>#3</u> Warm-up 3 minute pace Start with 4-5 Walk 2 minutes between Cool down/core
<i>**Always the longer/medium simple distance runs</i>		
<u>#4</u> Warm-up 5 minutes tempo/hard Start with 2 or 3 Walk 5 min between Cool down/core	<u>#5</u> Warm-Up Ladder 5-4-3-2-1 minutes Rest of same time Cool down/core	<u>#6</u> Warm-up Longer tempo run 12-15 min/harder pace Later up that to 20+ min Light jog to cool down

- **For every speed/tempo run, you should have at least 2 longer runs or recovery type for the first one**, add another if you do 2-that should not happen early in the running season in one week, but if so..that would mean 5 days of running...dedication!!!
- **No speed workouts first two weeks/5-6 days of running**
- ***IF you only run 3 days a week, only 1 speed in there and none until you have some longer runs in***
- ***Record the days you run with the workouts to help you keep track and improve***