

CHRISTOPHER NEWPORT DISTANCE
WEEK SCHEDULE Monday 4/23 – Monday 4/30

Period: Competition | Phase: Pre Competition

Mesocycle: 11 (Lactic dev, Intro race specificity, Maintain aerobic/thresh)

Microcycle: 36 | Volume (1-10): (see below)

WEEK'S SCHEDULE:

Monday 4/23

On own – Optional AM Double

On own – Easy run with speed build (for 800 runners only) + Core (for real...7 minutes total) + Stretching

Tuesday 4/24 – IF YOU'D LIKE TO SHIFT THE WORKOUTS TO WEDNESDAY & FRIDAY INSTEAD OF TUESDAY & THURSDAY, THAT IS COMPLETELY FINE.

On own – Optional AM Double

On own – Workout for all groups (I'll send the workout sheet out tomorrow morning.)

Steeplers NO HURDLES, NO WATER PIT!

Wednesday 4/25

On own – Optional AM Double

On own – Medium run + Core (5 – 6 minutes total) + Hip Mobility

STEEPLEPEOPLE – Wall drills, lead leg and trail leg skips after run. No water pit.

Thursday 4/26 – PAY ATTENTION TO TODAY!

On own, preferably before 10am – Morning workout (For those on the list on the previous page)

Either at Ferguson Field or on spin bikes if Ferg is too wet from rain...I'll give both versions to you, make the BEST choice for yourself on that day.

On own, preferably after 2pm – Workout for all

Steeplers over hurdles, NO WATER PIT.

Friday 4/27

On own – Day off/Short run/Cross Train

Saturday 4/28

Day off.

Sunday 4/29

On own – Long Run (Progression through threshold during last 15% if on double workout list.)

Monday 4/30

On own – Optional AM Double

Start run with enough time to finish at POMOCO at **4:15pm** UNLESS RAINING

4:15pm – Speed build + Core + Stretching