

May 2020 Workout Plan

Week 5		
Monday*	Wednesday*	Friday*
**Tempo III: 200+100+100+200+100+200 +100+200+100+100+200+100 =1700 YDS	3 x 1100 yd Runs: Measure out 100 yds with two cones. Run between the cones 11 times. Aim for 4 mins and 30 seconds. Rest 5 minutes. Repeat for second and third set.	120 Yard Shuttles Each shuttle should be done in 30 seconds- Run to half way line and back. Complete the following consecutively: 10 in 5 mins 8 in 4 mins 6 in 3 mins 4 in 2 mins 2 in 1 min

Week 6- Recovery Week		
Monday*	Wednesday*	Friday*
30 minute light cardio: Jog, bike, swim, row	Interval: 30 seconds power walk. 30 seconds run (not a jog, not a sprint). For 20 minutes.	5K (3.1 miles) at conversational pace

Week 7		
Monday*	Wednesday*	Friday*
**Tempo IV: 200+100+200+100+200 +100+200+100+100+200 +100+100+100+200 =2000 YDS	Timed 2 miles. Run AFAP and record your time.	300 yd Shuttles Set cones 25 yds apart. Down and back 6 times for one trip. Aim > 1.03. Rest two mins. Repeat 6 times.

Week 8		
Monday*	Wednesday*	Friday*
Interval: 20 second jog, 20 second sprint, 20 second walk. Repeat for 30 miles. Record your distance.	8x3 Hard Run 2 min jog between each hard 3 min. Repeat 8 times.	2 x 1100 yd Runs Measure out 100 yds with two cones. Run between the cones 11 times. Aim for 4 mins and 30 seconds. Rest 5 minutes. Repeat for second set

*Complete dynamic and static warm up individually before each workout

Tempo Run: Each distance is in yards. Measure 100 yards with a cone at 0,20,80,100. Run the distance prescribed at 75-80% speed. For rest, walk 20 yards out and back, that is, to the cone at 20 yards and back to 0 or to the cone at 80 yards and back to the 100 yard

