

## Workout #1

- 1.) Track
- 2.) Road
- 3.) Treadmill @ 2.0 elevation

Length			Pace	Reps	Rest	Notes
½ Lap	200 m	.13 mile	@ Goal Pace	4	1:3	<ul style="list-style-type: none"> <li>• Know your goal pace prior to starting your workout.</li> <li>• 1:3 rest means that your rest is 3 times as long as it took you to complete it.</li> </ul>
1 Lap	400 m	.25 mile		3	1:3	
1.5 laps	600 m	.38 mile		3	1:3	
2 Laps	800 m	.5 mile		2	1:3	
2.5 Laps	1000 m	.63 mile		2	1:3	
3 Laps	1200 m	.75 mile		1	1:3	

## Workout #2

- 1.) Track
- 2.) Road
- 3.) Treadmill @ 2.0 elevation

Length			Pace	Reps	Rest	Notes
1 Lap	400 m	.25 mile	@ goal pace or lower	4	1:3	
2 Laps	800 m	.5 mile		4	1:3	
3 Laps	1200 m	.75 mile		2	1:3	
4 Laps	1600 m	1 mile	@ Cool down pace	1	-----	

## Workout #3 – Treadmill workout

- Don't want to run inside? Find a big hill (or a mountain- PG) with a steep grade and do the same repeats, just make sure to push your pace up hill! Also, make sure it's an actual hill – like Preston Hill.
- Sprint uphill for the sprint time and jog down hill for the rest time. Just make sure the hill is long enough for you to a 4 minute sprint up.

Sprint Speed	Incline	Time	Rest	Rest Speed	Notes
8.5	10	:30	:30	8.0	<ul style="list-style-type: none"> <li>• All rest is @ 0 incline</li> <li>• Push your speed up hill, take your rest on the flat road</li> </ul>
8.5	9	1:00	1:00	8.0	
8.5	8	1:30	1:00	8.0	
8	7	2:00	1:00	8.0	
8	6	2:30	2:00	8.0	
8	5	3:00	2:00	7.8	
7.8	4	4:00	2:00	7.8	
7.8	6	3:00	1:00	7.8	
7.8	7	2:00	1:00	7.8	
8.5	8	1:00	1:00	7.6	
10+	0	1:00	2:00	7.6	
10+	0	1:00	2:00	7.6	
10+	0	1:00	2:00	7.6	

### Workout #4

- Can be done outside or inside. Anywhere you can easily measure 25yds.
- Record your times for your own knowledge.

Distance	Time	Time	Rest	Notes:
150 @ 25 yrd	2 sec <goal time		1:3	<ul style="list-style-type: none"> <li>• Goal time = 1/2 of 300 goal. If 65 is your personal goal, then 32.5 is your 150 yd time</li> <li>• First 3 shuttles are two seconds less than your goal time – so if your 150yard goal is 32.5, you want to try and 30.5 seconds and for the next 3 that are one second less, obviously you want to shoot for 31.5 for all three. Take your 2 fastest out of the first three and add them together to see what your '300 time' would be. Do the same thing with the next 3 and the last two. Average the times to see where you are at.</li> </ul>
150 @ 25 yrd	2 sec <goal time		1:3	
150 @ 25 yrd	2 sec <goal time		1:3	
150 @ 25 yrd	1 sec <goal time		1:3	
150 @ 25 yrd	1 sec <goal time		1:3	
150 @ 25 yrd	1 sec <goal time		1:3	
150 @ 25 yrd	Goal time		1:3	
150 @ 25 yrd	Goal time		1:3	

### Workout #5

- Road, track or treadmill @ 2.0 incline

Sprint	Rest	Notes:
75 seconds	1:1	<ul style="list-style-type: none"> <li>• Sprint is ALL OUT rest is a jog (not walk)</li> <li>• Sprint as hard as you would a 300, you get plenty of rest and the times aren't too long. Short and sweet.</li> </ul>
70 seconds		
65 seconds		
60 seconds		
55 seconds		
50 seconds		
45 seconds		
<b>Repeat 3x</b>		

<b>Distance running</b>	<b>Shuttle distance first round</b>	<b>Shuttle distance second round</b>	<b>Shuttle distance third round</b>	<b>Notes:</b>
150 yard	50 yard	25 yard	100 yard	<ul style="list-style-type: none"> <li>• Run through all first round shuttles, then second round shuttles and then the 3rd</li> <li>• Shuttle distance is where your cones are. So for the 1<sup>st</sup> one if the shuttle is 50 yards – you will run to the 50 and back for 150 yards, if it's 25 yards you run to the 25 yard and back for 150 yards(normal 300 shuttle)</li> <li>• For some, like the first sprint you might have to sprint to the 100 yard line and then back to the 50.</li> </ul>
200 yard	50 yard	25 yard	100 yard	
250 yard	50 yard	25 yard	100 yard	
300 yard	100 yard	50 yard	25 yard	
350 yard	100 yard	50 yard	25 yard	
400 yard	100 yard	50 yard	25 yard	

<b>Rest/Jog</b>	<b>Rest Pace</b>	<b>Sprint</b>	<b>Pace</b>	
6 minutes	Under 7:30 pace	6 minutes	@ goal mile pace	
5 minutes		5 minutes		
4 minutes		4 minutes		
3 minutes		3 minutes		
2 minutes		2 minutes		
1 minute		1 minute		
2 minutes		3 minutes		
3 minutes		4 minutes		
2 minutes		3 minutes		