

April 2016 DV Distance (800/1600)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27 On your own A: 8 miles B: 5 miles C: 3 miles</p>	<p>28 All 15:00 WU 5 mile tempo @ 82% VO2 A: 2 mile CD B/C: 1 mile CD Core LT</p>	<p>29 WU to Chaparral park + perimeter of park 30 minute fartlek (8 bursts) CD: All Neighborhood route, enter staff lot, practice fields (2.5 miles) Core/plyometrics SE</p>	<p>30 middle school meet Frosh/soph meet: 15:00 WU, 6x200m @.47*400 (6:00 recovery) SE1 - spikes CD: B: 3 miles , C: 2 miles Jr/Sr: A: 8 miles B: 6 miles C: 3 miles Core/Strides</p>	<p>31 Jr/Sr: 15:00 WU 6x200 @.47*400 date pace (6:00 recovery) SE1 <i>on track</i> CD: A: 4miles B: 3 miles C: 2 miles - Wear spikes Frosh/Soph: A/B: 5 miles C: 3 miles Core/Strides w/ spikes</p>	<p>1 Goldwater Frosh/Soph Showcase (6 run total) Non racers: A/B: 5 miles C: 3 miles Core/Strides w/spikes</p>	<p>2 Greenway Invite (6 total) Non racers: A/B: 7 miles C: 5 miles Strides</p>
<p>3 On your own A: 7 miles B: 3 miles C: rest day</p>	<p>4 All 15:00 WU 8x400m @1600 date – 5sec/lap (3:00 recovery) A: 3 mile CD B: 2 mile CD C: 1 mile CD Core SE2 <i>On track</i></p>	<p>5 middle school meet A: 10 miles B: 8 miles C: 6 miles Core, Strides (w/spikes for Wed racers) LR</p>	<p>6 Ironwood/Chaparral Various events (6/5/4) Westside racers: 10-15:00 warmup 4x800 m leg (20:00 rest) 2x1200 @97%VO2 on 300 loop (equal rest) 800 meter open A/B: 2 mile CD C: 1 mile</p>	<p>7 All 15:00 WU 4 wickets 10 x fly 30s (4:00 recovery) A/B: 4 miles C: 3 miles Bring Spikes Plyometrics/Core <i>alactic</i></p>	<p>8 Westside Racers A: 5 miles B: 4 miles C: 3 miles Core/strides w/spikes Non racers: 15:00 WU 5x900m @95% VO2 All 2 mile CD <i>On grass, VO2</i></p>	<p>9 Westside Invite (6 total) Non racers: A: 7 miles B: 5 miles C: 4 miles</p>
<p>10 On your own A: 5 miles B: 5 miles C: 3 miles</p>	<p>11 All 15:00 WU 8x400 @ 75% of max 400 (3:00 – 4:00 rest) A/B: 3 mile CD C: 2 mile CD <i>Extensive interval On grass</i></p>	<p>12 A: 8 miles B: 6 miles C: 5 miles Core/Sprint glide w/spikes</p>	<p>13 BCP/XCP/DV@SDO Racing or ... 3 mile run 100 meters 400 meters 200 meters 4x400 meters 2 mile CD SE</p>	<p>14 All 15:00 WU 5 mile tempo @ 82% VO2 A: 2 mile CD B/C: 1 mile CD Core LT</p>	<p>15 A: 6 miles B: 4 miles C: 3 miles Core/Strides w/ spikes</p>	<p>16 Valley Classic (5 total) Or 6-8 miles</p>
<p>17 On your own A: 7 miles B: 4 miles C: rest day</p>	<p>18 All 15:00 WU 3 x 400/200 (0:30/10:00) all out pace All 2 mile CD Core <i>Intensive on track</i></p>	<p>19 Meet the coaches night A: 9 miles B: 7 miles C: 6 miles Core/strides LR</p>	<p>20 All 15:00 WU 3x300@400PR*.77 6:00 recovery A: 3 mile CD B/C: 2 mile CD Core <i>SE1 on track</i></p>	<p>21 A: 6 miles B: 4 miles C: 4 miles Core/Sprint glides w/spikes RR</p>	<p>22 NO SCHOOL All 15:00 WU 3x1000m @98%VO2 A/B: 2 miles C: 1 mile</p>	<p>23 All 15:00 WU 8 x flying 30s (4:00 rec) A/B: 3 mile CD C: 2 mile CD <i>Alactic</i> Bring spikes!</p>
<p>24 On your own All groups 3 miles</p>	<p>25 NO SCHOOL Region Day 1 4x800/3200 Girls 1600/800 Boys M/W racers – get ice bath after races Wed only racers 2mile WU 4x400m @75% max 400 <i>on track</i> (4:00 rest) 2 mile CD</p>	<p>26 Wed racers: 3 miles + strides in spikes Not racing Wed: 5 miles + Core</p>	<p>27 Region Day 2 4x800/3200 Boys 1600/800 Girls Not racing: A: 6 miles B: 5 miles C: 3 miles</p>	<p>28 Didn't race Wed: 3 x 800 meters @VO2max Equal rest All 1 mile CD <i>VO2 on track</i> Wed racers: A: 5 miles B: 4 miles C: 3 miles Core for all</p>	<p>29 A: 8 miles B: 6 miles C: 5 miles 4x150 sprint glides Core LR</p>	<p>30 Wed State Racers: 15:00 WU, strides 2x600m@ max 18:00 rest, 1 mile CD SE2 Sat racers:15:00 WU 3x800m@VO2 max Equal rest All 1 mile CD</p>

April 2016 DV Distance (3200)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27 On your own A: 5 miles B: 2 miles C: 2 miles</p>	<p>28 All 15:00 WU 5 mile tempo @ 82% VO2 A: 2 mile CD B/C: 1 mile CD Core LT</p>	<p>29 WU to Chaparral park + perimeter of park 30 minute fartlek (8 bursts) CD: All Neighborhood route, enter staff lot, practice fields (2.5 miles) Core/plyometrics SE</p>	<p>30 middle school meet Frosh/soph meet: 15:00 WU, 6x200m @.47*400 (6:00 recovery) SE1 - spikes CD: B: 3 miles , C: 2 miles Jr/Sr: A: 8 miles B: 6 miles C: 3 miles Core/Strides</p>	<p>31 Jr/Sr: 15:00 WU 6x200 @.47*400 date pace (6:00 recovery) SE1 <i>on track</i> CD: A: 4miles B: 3 miles C: 2 miles - Wear spikes Frosh/Soph: A/B: 5 miles C: 3 miles Core/Strides w/spikes</p>	<p>1 Goldwater Frosh/Soph Showcase (6 run total) Non racers: A/B: 5 miles C: 3 miles Core/Strides w/spikes</p>	<p>2 Greenway Invite (6 total) Non racers: A/B: 7 miles C: 5 miles Strides</p>
<p>3 On your own A: 7 miles B: 3 miles C: rest day</p>	<p>4 All 15:00 WU 8x400m @1600 date – 5sec/lap (3:00 recovery) A: 3 mile CD B: 2 mile CD C: 1 mile CD Core SE2 <i>on track</i></p>	<p>5 middle school meet A: 10 miles B: 8 miles C: 6 miles Core, Strides (w/spikes for Wed racers) LR</p>	<p>6 Ironwood/Chaparral Various events (6/5/4) Westside racers: 10-15:00 warmup 4x800 m leg (20:00 rest) 2x1200 @97%VO2 on 300 loop (equal rest) 800 meter open</p>	<p>7 All 15:00 WU 4 wickets 10 x fly 30s (4:00 recovery) A/B: 4 miles C: 3 miles Bring Spikes Plyometrics/Core <i>alactic</i></p>	<p>8 Westside Racers A: 5 miles B: 4 miles C: 3 miles Core/strides w/spikes Non racers: 15:00 WU 5x900m @95% VO2 All 2 mile CD <i>on grass</i></p>	<p>9 Westside Invite (6 total) Non racers: A: 7 miles B: 5 miles C: 4 miles</p>
<p>10 On your own A: 5 miles B: 5 miles C: 3 miles</p>	<p>11 All 15:00 WU 8x400 @ 75% of max 400 (3:00 – 4:00 rest) A/B: 3 mile CD C: 2 mile CD <i>Extensive intervals On grass</i></p>	<p>12 A: 8 miles B: 6 miles C: 5 miles Core/Sprint glide w/spikes</p>	<p>13 BCP/XCP/DV@SDO Racing or ... 3 mile run 100 meters 400 meters 200 meters 4x400 meters 2 mile CD SE</p>	<p>14 All 15:00 WU 5 mile tempo @ 82% VO2 A: 2 mile CD B/C: 1 mile CD Core LT</p>	<p>15 A: 6 miles B: 4 miles C: 3 miles Core/Strides w/ spikes</p>	<p>16 Valley Classic (5 total) Or 6-8 miles</p>
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