

March 2016 DV Distance (800/1600)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28 On Your Own A: 7 miles B: 3 miles C: 3 miles</p>	<p>29 All 15:00 WU A: 6x1000 m B/C: 5x1000m @98%VO2max Equal Rest A/B: 2 mile CD C: 1 mile CD Core VO2max</p>	<p>1 All 15:00 WU 7 x 0:25 barefoot sprints on grass A/B: 4 miles C: 3 miles Plyometrics, Core SE</p>	<p>2 Home Meet - BC/GW At least 2 events Or A: 8 miles B: 5 miles C: 3 miles Core RR</p>	<p>3 All 15:00 WU 6 x fly50s w/4:00 recovery runs A/B: 4 miles C: 3 miles Plyometrics, Core alactic</p>	<p>4 A: 6 miles B: 4 miles C: 3 miles Core/Strides w/flats RR</p>	<p>5 Rattler Invitational 2/R/3 Or A: 7 miles B: 6 miles C: 5 miles Strides/Core RR</p>
<p>6 On Your Own A: 7 miles B: 4 miles C: 3 miles</p>	<p>7 All 2 mile WU 8x120m Hill@Skunk Creek (3:00 recovery) A/B: 4 mile run C: 3 mile run Core hills</p>	<p>8 Long Run A: 8 miles B: 6 miles C: 5 miles Plyometrics, Strides, Core</p>	<p>9 @ Ridge + Centennial At least 2 events <u>Non racers before school</u> All 15:00 WU 8x400@VO2 – 4 sec/lap 1:15 recovery + 100m jog A/B: 2 miles C: 2 miles Core SE2 PM – 4/4/3</p>	<p>10 A: 6 miles B: 4 miles C: 3 miles Plyometrics, Strides w/flats, Core RR</p>	<p>11 Husky Invitational 2/R/3 or 2/R/2 Or A: 8 miles B: 7 miles C: 6 miles</p>	<p>12 All 15:00 WU A/B: 5x1200+400m LT C: 4x1200 LT @85-86% (:45 rest) A: 4 mile CD B: 3 mile CD C: 2 mile CD Core LT</p>
<p>13 On Your Own A: 7 miles B: 3 miles C: 2 miles</p>	<p>14 All 15:00 WU A/B: 3x4x400 C: 2x4x400+1x2x400 @5k, 3k, 1k race pace Equal rest, 3:00 btw sets A/B: 2 mile CD C: 1 mile CD Core VO2 On track</p>	<p>15 Chandler Racers 15:00 WU 2 x 3x300@.35*800 goal 3:00 rest A/B: 3 mile CD C: 2 mile CD Plyometrics, Core SE1 – on track Cactus Shadows racers A: 6 miles B/C: 5 miles</p>	<p>16 Home – Cactus Shadows All 4x800 relay At least 2 events or <u>Chandler racers distance after 4x800</u> A: 5 miles B: 3 miles C: 2 miles</p>	<p>17 A: 7 miles B: 5 miles C: 3 miles Plyometrics, Core RR</p>	<p>18 <u>Chandler Racers:</u> A: 4 miles B/C: 3 miles Strides w/flats, Core All others 15:00 WU 5x500@.59*800date pace 8:00 active recovery A: 2 mile CD B/C: 1 mile CD SE2 – on track</p>	<p>19 Chandler Rotary Or A: 9 miles B: 6 miles C: 5 miles</p>
<p>20 On Your Own A: 7 miles B: 4 miles C: 3 miles</p>	<p>21 All 15:00 WU A: 4x400,2x800,1600,2x800 4x400 @100/97/95%VO2 B: 2x400,2x800,1600,2x800 2x400 @100/97/95%VO2 C: 1x400,2x800,1600,2x800 1x400 @100/97/95%VO2 (see 3200 4/21 for recovery)</p>	<p>22 All 15:00 WU 3 wickets 10 x flying 30s 4:00 recovery (no laps) A/B: 4 mile run C: 3 mile run Plyometrics, Core alactic</p>	<p>23 Long Run A: 12 miles B: 10 miles C: 7-8 miles Strides, Core</p>	<p>24 All 15:00 WU 7 x 150m@.35*400date 4:00 recovery A/B: 4 mile run C: 3 mile run Plyometrics, Core SE- on track</p>	<p>25 A: 8 miles B: 6 miles C: 4 miles Strides, Core RR</p>	<p>26 All 15:00 WU 5x500@.59*800date pace 8:00 active recovery 1 mile CD Core SE2 – on track</p>
<p>Spring Break – Do not schedule vacations during this time period. We will practice each day.</p>						

March 2016 DV Distance (3200)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28 On Your Own A: 7 miles B: 3 miles C: 3 miles</p>	<p>29 All 15:00 WU A: 6x1000 m B/C: 5x1000m @98%VO2max Equal Rest A/B: 2 mile CD C: 1 mile CD Core VO2max</p>	<p>1 A: 8 miles B: 5 miles C: 3 miles Plyometrics, Core</p>	<p>2 Home Meet - BC/GW At least 2 events <u>Nonracers before school:</u> All 15:00 WU 8x400@VO2 – 4 sec/lap 1:15 recovery + 100m jog A/B: 3 miles C: 2 miles Core SE2</p>	<p>3All 15:00 WU 6 x fly50s w/4:00 recovery runs A/B: 4 miles C: 2 miles Plyometrics, Core <i>alactic</i></p>	<p>4 A: 6 miles B: 4 miles C: 3 miles Core/Strides w/flats RR</p>	<p>5 Rattler Invitational Or A: 6 miles B: 3 miles C: 5 miles Strides/Core RR</p>
<p>6 On Your Own A: 6 miles B: 3 miles C: 3 miles</p>	<p>7 All 2 mile WU 8x120m Hill@Skunk Creek (3:00 recovery) A/B: 4 mile run C: 3 mile run Core <i>hills</i></p>	<p>8 Long Run A: 8 miles B: 6 miles C: 5 miles Plyometrics, Core</p>	<p>9 @ Ridge + Centennial At least 2 events <u>Non racers before school</u> All 15:00 WU 2x3x400m@110%vo2max 2:00 b/rep, 5:00 b/sets A/B: 3 miles C: 2 miles Core <i>SE2 on track</i> PM – 4/4/3 miles</p>	<p>10 A: 6 miles B: 4 miles C: 3 miles Plyometrics, Strides w/flats, Core RR</p>	<p>11 Husky Invitational 2/R/3 or 2/R/2 Or A: 8 miles B: 7 miles C: 6 miles</p>	<p>12 All 15:00 WU A/B: 5x1200+400m LT C: 4x1200 LT @85-86% (:45 rest) A: 4 mile CD B: 3 mile CD C: 2 mile CD Core <i>LT</i></p>
<p>13 On Your Own A: 7 miles B: 3 miles C: 2 miles</p>	<p>14 All 15:00 WU A/B: 3x4x400 C: 2x4x400+1x2x400 @5k, 3k, 1k race pace Equal rec, 3:00 btw sets A/B: 2 mile CD C: 1 mile CD Core VO2</p>	<p>15 15 Chandler Racers 15:00 WU 2 x 3x300@.35*800 goal 3:00 rest A/B: 3 mile CD C: 2 mile CD Plyometrics, Core <i>SE1 – on track</i> Cactus Shadows racers A: 6 miles B/C: 5 miles</p>	<p>16 @Home - Cactus Shadows Home – Cactus Shadows All 4x800 relay At least 2 events or <u>Chandler racers distance</u> <u>after 4x800 m</u> A: 5 miles B: 3 miles C: 2 miles</p>	<p>17 A: 7 miles B: 5 miles C: 3 miles Plyometrics, Core RR</p>	<p><u>18 Chandler Racers:</u> A: 4 miles B/C: 3 miles Strides w/flats, Core All others 15:00 WU 5x500@.59*800date pace 8:00 active recovery A: 2 mile CD B/C: 1 mile CD <i>SE2 – on track</i></p>	<p>19 Chandler Rotary Or A: 9 miles B: 6 miles C: 5 miles</p>
<p>20 On Your Own A: 7 miles B: 4 miles C: 3 miles</p>	<p>21 Equal b/rep, 5:00 b/set Final 400, Final 800 5:00 rest All 1 mile CD Core VO2max – on track</p>	<p>22 All 15:00 WU 3 wickets 10 x flying 30s 4:00 recovery (no laps) A/B: 4 mile run C: 2 mile run Plyometrics, Core <i>alactic</i></p>	<p>23 Long Run A: 12 miles B: 10 miles C: 7 miles Plyometrics, Strides,Core</p>	<p>24 All 15:00 WU A/B: 4x1 mile @88% C: 3x1 mile @88% (0:30 recovery) A/B: 2 mile CD C: 1 mile CD</p>	<p>25 All 15:00 WU 4 miles w/200m sprints A-C: 1 mile CD Core <i>SE1 – on grass</i></p>	<p>26 All 15:00 WU A/B: 7x800@95%VO2 C: 6x800@95%VO2 Equal rest A/B: 2 mile CD C: 1 mile CD</p>
<p>Spring Break – Do not schedule vacations during this time period. We will practice each day.</p>						