

SPRING BREAK WORKOUTS - DISTANCE

Everyday:

- Warm up every day, and make sure you do your 8 sets
- Do you 30 walking lunges, and STRETCHING everyday
- NEVER run alone!

Friday- 50 minute recovery run, 8 sets

Saturday- 40 minutes of 7 minutes and 3 minutes, (the 3 minute is up tempo, remember) 8 sets

Sunday-REST

Monday-Run 40 blocks.....1 stride.....1 jog.....1 sprint....1 jog, 8 sets

Tuesday-50 minute recovery run, 8 sets

Wednesday-20 minute tempo run, get heart rate up to 160-170 for 20 min. 8 sets

Thursday- 45 minute recovery run. 8 sets

Friday-Run in the ocean or pool. Waist deep-do high knees 10x for 30 sec.

10 min. run on the sand,

Run in deep water for 5 x 30 sec.

10 min. on sand again. (Watch for glass, etc!)

Swim 20 min. 8 sets

Saturday-50 min. recovery run. 8 sets

Suggestion: Bring a jump rope-it is a good alternative workout

Use these days as your guide...whatever your travel day is, you can pick up on the day listed.

Have fun!