

## TRITONS - Real Athletes

### APRIL and MAY

Pick and do any 8 sessions until the end of May. Anyone signed up for the virtual track meets then pick 6 sessions add in 3 time trials and upload your times.

There is also the Mile26 virtual summer series.

- \* 5 mile
  - \* 10 x 70 seconds
  - \* 4 mile fartlek - 3 minutes off 1 minute on
  - \* 6 mile
  - \* 4 x 1,000
  - \* 500, 800, 1100, 1200, 1200, 1100, 800, 500
  - \* 12 x 40 seconds
  - \* 8 miles
  - \* 3 mile
  - \* 15 x 200m
  - \* 10 mile
  - \* 3 miles on the sand
  - \* 3 x 1 mile repeats
  - \* Hills - if you can 10 x 150 repeats or 8 x 300 repeats or run 4 miles with many big hills
  - \* 8 miles = 1 mile warm up, 3 miles medium, 1 mile easy, 2 miles fast, 1 easy
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Always warm up with PROPER DRILLS!

Interval sessions take 3 to 5 minute recovery.

\*Do Yoga

\*Body strength training. Ideas = sit-ups, all planks, prisons squats, V-ups, full burpees, rocket- jumps, Lunges-work up to for all 6 directions.

\*Leg swings

\*Jumps/bouncing for 30 meters + skipping for 50 meters = forward and backwards.

Plan to workout 5 days a week. And, do your best to have at least one day as a 2 a-day session.

Coach Byrne.