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## Distance/Endurance Workouts

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*Always do a full warm-up before starting any workout – you should be very loose and warm*

### Workout #1

- 6-minute Tempo run @80%
- 3-min rest
- 3-min Tempo run @85%
- 3-min rest
  
- Interval: 300 m with 2<sup>nd</sup> half faster than the first
- 2 ½ min rest between intervals – do 3-4x
  
- Strength Circuit of Lunge walks, squats and 4 core exercises – 10 each, repeat 3x

### Workout #2 - Split 600's

- You will time and record each interval. It is important to run the first 600m fairly hard. Each set equals 600m but is broken up in different ways to work on speed endurance. Each set, your broken 600 should equal the time you ran for the first 600m.
- 600m/ walk 200m (or 1/2 lap of an outdoor track)
- 150m/ 30second rest/ 450m/ walk 200m
- 300m/ 30seconds rest/ 300m/ walk 200m

### Strength:

- 2x 10 ½ squats/ 2x 10 lunges
- Core 25-30 sec each: up/up/down/down, superheroes, sky-center-side-center, side planks with 2 leg lifts, around the world plank( lift each arm and then leg as you go around your body)