

2014 Spring Break Training

Saturday: 4/12

- 30 minute easy run

Sunday: 4/13

- 30 minute easy run

Monday: 4/14

- Warm-up
- 12 x 100 meter hill sprints
- 3 x 10 push-ups
- 3 x 20 crunches
- 3 x 20 cross-knee crunches
- 3 x 20 flutter kicks
- Stretching

Tuesday: 4/15

- Warm-up
- 45 minute easy run
- 4 strides
- 3 x 10 push-ups
- 3 x 20 crunches
- 3 x 20 cross-knee crunches
- 3 x 20 flutter kicks
- Stretching

Wednesday: 4/16

- Warm-up
- 45 minute easy run
- 4 strides on grass
- 3 x 10 push-ups
- 3 x 20 crunches
- 3 x 20 cross-knee crunches
- 3 x 20 flutter kicks
- Stretching

Thursday: 4/17

- Warm-up
- 8 x 2:00 with 2:00 minutes rest in between (just run at your mile race pace for 2 minutes anywhere and take a 2 minute rest in-between each)
- 3 x 10 push-ups
- 3 x 20 crunches
- 3 x 20 cross-knee crunches
- 3 x 20 flutter kicks
- Stretching

Friday: 4/18

- Warm-up
- 45 minute easy run
- 4 strides
- 3 x 10 push-ups
- 3 x 20 crunches
- 3 x 20 cross-knee crunches
- 3 x 20 flutter kicks
- Stretching

Saturday: 4/19

- Warm-up
- 12 x 100 meter hill sprints
- 3 x 10 push-ups
- 3 x 20 crunches
- 3 x 20 cross-knee crunches
- 3 x 20 flutter kicks
- Stretching

Sunday: 4/20

- 30 minute easy run

Monday: 4/21

- 30 minute easy run