

We Will Survive: Distance Training Program 3 weeks							
Before interval (I) workouts, warmup jog 5-10 minutes, do drills							
	Monday (strength)	Tuesday (abs)	Wednesday (strength)	Thursday (abs and Intervals)	Friday (strength)	Saturday (abs)	Sunday
Week 1	Run 15 min continuous	Song workout x5 songs	Run 15 min continuous	3-4 x Hill repeats (I)	XT bike/walk/dance	Run 20 min	Rest
Week 2	Run 15 min continuous	Song workout x6 songs	Run 15 min continuous	4-5x 2 min, 3 min play (I)	XT bike/walk/dance	Run 25 min	rest
Week 3	Run 15 min continuous	Song workout x7 songs	Run 15 min continuous	2-3-4-3-2 (I)	XT bike/walk/dance	Run 30 min	rest
Workout Explanations							
Song Workout	Choose a song, jog during the verses, pick up to quick (50-60%) speed during the chorus			Strength:			
Hill repeats	From the bottom of a quarter to half mile hill (Run from the bottom of the bluff, or up 4800 south in Roy), pick up speed slowly, until working very hard at the top of the hill.						
2 min, 3 min play	After warm-up and drills, choose a speed that is hard to speak at, run that speed for 2 min, then jog for 3 min. Repeat. Try to be as fast on the last one as you were on the first.			Abs:	Tabata style. For 6 minutes total, spend 40 seconds doing the ab exercise, 20 seconds rest		
2-3-4-3-2	After warm-up and drills, run 2 min at 75% speed, jog/walk 2 min. Keep rest at 2 min for each interval, running 3 min, rest 2, run 4 min rest 2, run 3 min, rest 2, run 2 min, rest 2. Finish with a 5-10 min jog.			Strength 3 sets	V-ups Planks 10 pushups 10 squats 10 lunges (each leg) 10 calf raises		
Questions? Email Coach Chambers at velocitykidsrunning@gmail.com				Drills	High Knees Butt Kicks Marios		



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