

# 2013 APRIL

CALENDAR YEAR / MONTH

## Foundation

This month will be focused on building strong endurance and speed . Some agility will appear at the end of the month. By the end of April, you will know which race you are racing. May will focus on relay teams and race skills. S = sprinters; LD = long distance runners

Tuesday and Thursday workouts will be done on your home track for your location

MONDAY

FIRST DAY OF WEEK

# Schlumberger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	07
08 Recovery run: 2 to 3 miles jog or cross train	09 1 mi warmup, 1 x 100m, 1 x 200m, 1 x 400m, 1 x 800m, 1 x 1600 m, 1 x 3000m, comfortable pace	10 3 miles, moderate pace	11 1 mi warmup, 1 x 100m, 1 x 200m, 1 x 400m, 1 x 800m, 1 x 1600 m, 1 x 3000m, comfortable pace	12 Rest or cross-train	13 Slow, long distance run 3 to 6 miles	14
15 Recovery run: 2 to 3 miles jog or cross train	16 1 mi warmup; 5 x 100 strides; 5 x 100 high knees; 5 x 100 turnover sprints	17 3 miles, moderate pace	18 1 mi warmup; 3 x 200m strides; 3 x 200 m high knees; 3 x 200 m turnover sprints	19 Rest or cross-train	20 Slow, long distance run 3 to 6 miles	21
22 Recovery run: 2 to 3 miles jog or cross train	23 1 mi warmup; 6 x 200 relay style, striding; full sprints 10 x 100	24 4 miles, moderate pace	25 1 mi warmup; 3 x 100; 2 x 200; 1 x 400, 2 x 200; 3 x 100; 2 x 400	26 Rest or cross-train	27 Slow, long distance run 3 to 6 miles	28
29 Recovery run: 2 to 3 miles jog or cross train	30 Plyometrics warmup; 6 mi fartlek	01	02	03	04	05

Practice Sun. 14th @ Lamar High School:  
All: 3 mile warm up (30:00)  
All: Time Trials - all race lengths (1 hr)  
All: Sprint Techniques (Striding, Turnovers, High Knees) (30:00)

Practice Sun. 21st @ Lamar High School: ?MS150 coincides) move to Fri?  
All: 3 mile warmup (30:00)  
LD: Additional 2 miles, moderate pace (<20:00)  
Sprinters (100,200,400): 100,200,400,200,100 Pyramid (20:00)  
All: 8 x 100 Strides (30:00)

Practice Sun. 28st @ Lamar High School:  
All: 2 mile Indian Run warmup (20:00)  
LD: Additional 4 miles, moderate pace (40:00)  
S: 8 X 100 turnover sprints (jog 200m inbetween each) (30:00)  
S: 2 x 200 turnover sprints (jog 200 m inbetween) (10:00)  
All: 2 x 400 turnover sprints; 2 x 400 high knee; 2 x 400 strides (30:00)