

EGR TRACK – 2010 SPRING BREAK WORKOUTS

Use these workouts as a guideline for your training during Spring Break. Everybody is going to have different facilities so be flexible. Concentrate on the purpose of the workout – i.e. **hard, comfortable, or up-tempo**. Be sure you stretch before and especially after all the workouts. Incorporate our plyo's each day when you warm-up. Most of you are going somewhere warm, so the ideal time would be in the morning before it gets too hot. Pay attention to the amount of time in the sun because it will have a drastic effect on your training. Have a great break and enjoy your time off. **Train hard! Train smart!**

Thursday, April 1st

4-5 miles or 30-40 minutes / comfortable / 6 pick-ups / 8:00 – 10:00 minute abs

Friday, April 2nd

4-5 miles or 25-35 minutes / up-tempo, faster pace / 3:00 minute cool-down

Saturday, April 3rd

6-7 miles or 50-60 minutes / comfortable, over-distance run / 8:00 – 10:00 minute abs

Sunday, April 4th

2-3 miles or 15-25 minutes / very comfortable and easy

Monday, April 5th - SPEEDWORK

41's / 4 minutes easy, 1 minute hard / 30 total minutes of running / 3:00 minute cool-down

Tuesday, April 6th

4-5 miles or 30-40 minutes / comfortable / 8:00 – 10:00 minute abs

Wednesday, April 7th

2-3 miles or 15-25 minutes / very comfortable and easy

Thursday, April 8th

6-7 miles or 50-60 minutes / comfortable, over-distance run

Friday, April 9th - SPEEDWORK

31's / 3 minutes easy, 1 minute hard / 28 total minutes of running / 3:00 minute cool-down

Saturday, April 10th

4-5 miles or 30-40 minutes / up-tempo, faster pace / 8:00 – 10:00 minute abs

Sunday, April 11th

3-4 miles or 25-35 minutes / comfortable

Monday, April 12th – PRACTICE AFTER SCHOOL

Be ready and prepare over break. We don't want any injuries leading into the heart of the season.