Monday: Makeshift interval workout:  Runners should run 20 seconds per mile slower than goal mile pace for roughly three minutes. (For example if an athlete wants to run 5:30 for the mile, they should run 5:50 pace for three minutes)  Experienced runners do these 4 times with a rest of 3:00 in between each interval. Medium runners do it 3 times and new runners do it 2 times. Runners should have a warm-up of 3 minutes before this workout begins and a cool down of 7 minutes after it ends.

Tuesday: Recovery run 15-30 minutes of total running  (15 for beginners, 20-25 for medium and 30 for experienced)  Easy pace for the whole run. It should be between (7:00-9:00 mile pace.) 7:00 pace for runners capable of running 5:20 or faster in the mile and 9:00 pace for 7 minutes or slower in the mile.  (1-minute plank)

Wednesday: 15-30 minutes of total running  (15 for beginners, 20-25 for medium and 30 for experienced) 3 of the minutes at the beginning go towards a warm-up and 3 of them at the end will go towards a cool down.   Surge/sprint for 30 seconds every 2 minutes of the run except the warm-up and cool down. Ab workouts (plank, ins and outs) for 3 minutes

Thursday: Recovery run; 15-30 minutes of total running  (15 for beginners, 20-25 for medium and 30 for experienced)  Easy pace for the whole run. It should be between (7:00-9:00 mile pace.) 7:00 for runners capable of running 5:20 or faster in the mile and 9:00 pace for 7 minutes or slower in the mile.  (1-minute plank) 

Friday: Longer Run;  (25 for beginners, 30-35 for medium and 40 for experienced) - Easy pace to start the run and medium on the way back.  A warm-up should be at the beginning and a cool down at the end.  Ab workouts (plank, ins and outs) for 3 minutes

Saturday: Cross-train; go swim, ride a bike or do some other form of physical activity

**DISTANCE WORKOUTS: MARCH 23RD - 27TH**