Long distance (1600+					
SPR 2020 workout					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat or Sun
-1m Warm up - 10 mins of core -Dynamics/stretch -3 x 1m hard, rest in between 6 min -1m cool down -Stretch	-1m Warm up - 10 mins of core -Dynamics/stretch -45 to 60 min distance run -4 x 150/strides -Stretch	-1m Warm up - 10 mins of core -Dynamics/stretch -4 x 1000 hard (down to bottom of hill after sharp turn), rest in between 4 min -1m cool down -Stretch	-Warm up - 10 mins of core -Dynamics/stretch -45 to 60 min distance run -4 x 150/strides) -Stretch	-Warm up - 10 mins of core -On a distance run, easy first 10 mins, 12 x (1 min hard, 1 min easy), cool down 10 mins easy -Stretch	-Warm up - 10 mins of core -dynamics/stretch -45 to 60 min run -4 strides