COVID-19 Distance Workouts

Always do a Warm up – 800 to 1600 – depending on the workout
Include form drills and booms / switch drill and leg cycles and side leg raises
Always do a cool down – with stretching, roll out
Body weight strength exercises are great – squat, lunge, plank, push up, core

One day a week should be speed – 95% effort
One day a week should be hills or stairs – work on perfect running form
One day a week should be longer and slower – 60% effort
One day a week should be moderately hard / uncomfortable but can still do some time or distance at that pace – 85%
One day a week should be moderate effort repeats with shorter recovery
Mix 2 days of recovery / cross training in

- 3 x 2 min all out runs – how far can you get that time – take full recovery
- 2 x 3 min all out runs – how far can you get in that time – take full recovery
- Broken 400s 500s 600s 800s – (i.e. run 300 hard, rest 15-20 sec, run 100 hard for a broken 400)- do 2,3, or 4 or so reps – get a mile to 2 miles of hard work in
- Go out for a Run – 15, 20 or 30 mins or more + 4x100m Strides – fast and relaxed
- Run a faster distance run at Threshold (1 to 2 miles) at just slower than race pace 85% + 3x200s
- Run Hills- gradual or steep – repeat depending on the length and steepness of the hill – 3 to 10 reps + 2x200s – fast and relaxed
- 3x1000 – at 80%, recover 3 min
- 4 to 8 x 400 at 75% recover 45 sec to 1 min
- 3 to 6 x 600 at 75% recover 1 min to 75 sec
- 2 to 4 x 800 at 75% recover 75 sec to 90 sec
- 2 sets of 4 or 6 or 8 or so 200s – fast and relaxed – work on stride rate / leg turn over – either walk or jog about 100 to 150m in between – do a longer warm up before hand – be sure to stretch after
- Go for a run / Fartlek – 15 – 20 -30 mins – add a few minutes (3 to 5 to 10) of pick up the pace for 30 sec on /30 sec off or 60 sec on /60 sec off
- At the track – run the straights and easy jog the curves for 1 to 2 miles