

Long Distance Workout Week 4 March 22-26

| Monday   | Tuesday   | Wednesday                  | Thursday   | Friday               |
|--|---|----------------------------|--|----------------------|
| Long distance<br>form running<br><br>1 mile-<br>jog/increase<br><br>Pacing 400's<br><br>Starts | Long distance<br>form<br><br>1600<br>2x400<br>2x200<br><br>Starts<br><br>Cool Down<br>Stretch | jog/increase<br><br>Starts | Form running<br><br>Starts<br><br>Cool Down<br>Stretch | Neosho Track<br>meet |