

Distance 2020

Week 6

You had a recovery week last week. Now you jump back into the game. You go up 10% from the mileage you had in week 4. So example: Lydia was at 26 miles that week. Recovery-mileage went down last week. This week I add 10% to the 26 miles in week 4.

Your times stay the same until I get a new 1500 time from you this week.

If your name is blank I need a 1500 time

Next week you will do a 1500 time trial again to check your conditioning and to keep your mind in race mode.

Name	1500	V-Dot	Last Week	Goal Mileage This week	Threshold	Interval	Repetition	Long Run
Lydia	6:12	43	21	29-30	400=1:55	400= 1:46	200=49/ 400=98	6-8
Lexi	6:56	39	19	26	400=2:05	400= 1:56	200=53/ 400=1:46	5-6
Shannon	7:24	36	19	26	400=2:13	400= 2:02	200=57/ 400=1:54	5-6
Nina	7:14	36	19	26	400= 2:13	400=2:02	200=57/400= 1:54	5-6

Amelia **I haven't heard from you so I don't know where to put you**

Briana **Let me know when you can go again**

Orla **I haven't heard from you so I don't know where to put you. Let me know what you are doing-I do want to start giving you more 400 and 800-but you have to have put in some base miles.**

Noor I haven't heard from you