

John Doe Week #12

Weekly Goals:

30.5mi Running (~5mi Z1, 20.5mi Z2, 3mi Z3, ~1.25mi Z4, 0.5mi Z5)



Base Phase

Date:	Run	Other
Mon. 4.6.09	4mi (Over Distance) Warm Up for at least 0.5mi in Z1. Then put in a little time in low Z2 to make sure you break a sweat. The rest of the mileage should be done in Z2 with the last 0.5mi brought down to Z1 for a cool down. After you finish the above, put in 1min and 45sec. Jump Rope. Try to do it the second you finish the above.	
Tues. 4.7.09	Rest	
Wed. 4.8.09	9mi (Endurance) Warm Up for at least 0.5mi in Z1. Then put in a little time in low Z2 to make sure you break a sweat. For a main set do 3mi in Z3. Try to build through the whole set from low Z3 to high Z3. The rest of the mileage should be done in Z2 with the last 0.5mi brought down to Z1 for a cool down. After you finish the above, put in 1min and 45sec. Jump Rope. Try to do it the second you finish the above.	Lifting #1 This is a good place to try and fit in a set of full body lifting. Shoot for sets of 2x20 this time. We are going into the endurance phase of lifting so try to choose a weight for each lift that is fairly conservative for 20 reps.
Thur. 4.9.09	6mi (Over Distance) Warm Up for at least 0.5mi in Z1. Then put in a little time in low Z2 to make sure you break a sweat. Once you are warmed up put in 3x50m of each of the following running drills....Butt Kicks, High Knees, Pull Throughs, Skip A, Skip B, Toe Run. The rest of the mileage should be done in Z2 with the last 0.5mi brought down to Z1 for a cool down. After you finish the above, put in 1min and 45sec. Jump Rope. Try to do it the second you finish the above.	
Fri. 4.10.09	Rest	
Sat. 4.11.09	3mi (Over Distance) Warm Up for at least 0.5mi in Z1. Then put in a little time in low Z2 to make sure you break a sweat. The rest of the mileage should be done in Z2 with the last 0.5mi brought down to Z1 for a cool down. After you finish the above, put in 1min and 45sec. Jump Rope. Try to do it the second you finish the above.	
Sun. 4.12.09	8mi (Tempo) Warm Up for at least 0.5mi in Z1. Then put in a little time in low Z2 to make sure you break a sweat. For a main set try to make it to a track and do the following set..... 600m Mid Z4-->300m easy jog >200m easy jog rest after each.) The rest of the mileage should be done in Z2 with the last 0.5mi brought down to Z1 for a cool down. After you finish the above, put in 1min and 45sec. Jump Rope. Try to do it the second you finish the above.	Lifting #2 Try to get in another set of full body lifting here. Follow the same routine as earlier this week or if you are feeling up to it raise the weight very slightly or do 2x22 for sets and reps.

Quote Of The Week:

"Close your eyes and dream...Then open your eyes and see." --Sean "Puffy" Combs

