

# APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Manatee Hurricane Invitational	<b>2</b> 60:00 long run
<b>3</b> rest day	<b>4</b> VO2 Max - 1 x 400m, 1 x 800m, 4 x 1200m @ Interval Pace, equal rest time after each	<b>5</b> 40:00 easy run	<b>6</b> Combo - 3 x 1000m Threshold w/2:00 rest, 8 x 200m @ Rep Pace, 200 jog recovery	<b>7</b> 40:00 easy run	<b>8</b> Combo - 3 sets of 2 x 200m @ Rep Pace, 200 recovery, 1 x 1000m @ Threshold, 1:00 recovery	<b>9</b> 70:00 long run
<b>10</b> rest day	<b>11</b> Tempo - 5 x 1200m Threshold w/1:00 rest	<b>12</b> pre-meet	<b>13</b> Manatee County Varsity Championship @ Braden River	<b>14</b> 40:00 easy run	<b>15</b> Combo - 800m @ Interval Pace, 400m rec jog, then 2 x 800m @ Rep Pace, 4 x 200m @ 800m race pace, full recovery	<b>16</b> Passover 70:00 long run
<b>17</b> Easter rest day	<b>18</b> Taxes Due 4A District 8 - TBA	<b>19</b> 4A District 8 - TBA	<b>20</b> 4A District 8 - TBA	<b>21</b> 4A District 8 - TBA	<b>22</b> Earth Day 4A District 8 - TBA	<b>23</b> 4A District 8 - TBA
<b>24</b> rest day	<b>25</b> 4A District 8 - TBA	<b>26</b> 4A District 8 - TBA	<b>27</b> 4A District 8 - TBA	<b>28</b> 4A District 8 - TBA	<b>29</b> 4A District 8 - TBA	<b>30</b> 4A District 8 - TBA

**WARM UP FOR EVERY PRACTICE & MEET: 10:00 jog, dynamic warm up, 2 x 100m striders.**

**PRE-MEET WORKOUT: after full warm up, run 1/4 of your race distance @ current race pace (no faster!) followed by 800m cool down jog & stretch.**

**PACE CALCULATOR:** <https://runsmartproject.com/calculator/>

**Explanation of terms based on the pace calculator:**

Rep Pace = speed / race pace / RE (100%)  
Interval Pace = VO2 Max (98%)  
Threshold Pace = Tempo / LT (88%)  
Easy Pace = recovery & long runs (70%)