

Good Morning,

On behalf of myself, coaches Ann, Jack and Kaleb, we had a fun time on our first HIIT workout together. Here's your training plan for the week. Our focus will be a 90/10 approach, where 90% of your running should be at a lower intensity level. The 10% higher intensity runs we will do on our Wednesday afternoon sessions. For the first couple of weeks let's start our approach to build up our base miles.

**Thursday:** 2-3 miles at an easy pace, heart rate targets 110-135. If you have any soreness from last night's workout, you may want to take a rest day today to recover.

**Friday:** 2-3 miles at an easy pace, with a one to two-minute walk recovery between each mile.

Pick a rest day either Saturday or Sunday, with **two** sessions of flexibility stretching each day. 20-30 Stair or picnic push ups with 20-30 deep knee squats throughout the weekend. Run 2-3 miles with a 1-minute stride out, high knees, high arms during each mile. Your pace should pick up roughly 10-15 seconds faster during these stride outs. These **should not** be all out sprints, rather focusing on your form and picking up the pace a bit. Another option, find a street with a slight incline and try to maintain your same pace on the incline.

- Peter Pontius is hosting a show and go run on Sunday morning at 7:30 AM. Parkview Inn 1003 S. Morris Ave Bloomington. Various distances and paces.
- Weather forecast is predicting rain and wind for the next couple of days. If possible, find a run route with the wind at your back.

**Monday:** 2-4 miles at an easy pace.

**Tuesday:** Take a rest day, or a day of cross training. Light weights, flexibility stretching, stair pushups and deep knee squats.

**Wednesday:** Our HIIT session will be similar to our first one, with a few exceptions. We will extend one of the  $\frac{1}{4}$  mile repeats to a  $\frac{1}{2}$  mile. Our uphill strides with high knees and picnic push ups will increase to 15 along with the deep knee squats. We will do three repeats, with the  $\frac{1}{2}$  mile in the middle. Target heart rates 70-80 % of your max, with a walk, or jog during each of the repeats.