

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.

Saturday or Sunday: 4.37 racers should be running 3-4 miles on either day, those considering the 12K distance should plan on 4-5. Targeting 10-20 seconds slower than goal race pace.

- Small group of us are meeting at the LRC clubhouse on Saturday morning at 7:30 to run 4 miles or so. Weather forecast is looking great for this weekend.
- Take one or more rest days during the week

Monday: 2-4 miles at an easy pace. Heart rate targets 110-135 with the goal of building your base miles.

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

Wednesday: Going into our 4th week, we're going to focus on pacing. Some have mentioned, they have been struggling a bit on their pacing and goal race pace. This week is our chance to start to narrow in on what your target pace will be for May 2nd Lake Run. After our warm up and stretching at the Triangle, were going to break up the run into two runs. Those with a solid base, will run 1.5 miles with a short 20-30 second walk/jog recovery, followed by a quarter mile stride out 70-80% effort, with another 20-30 second recovery followed by another 1.5 miles. Between the warm up run and these two intervals we'll be pretty close to 4 miles total. For those still building up their mileage, the workout will be the same, but the intervals will be 1 mile and with a 45 second recovery, no stride out and followed up with another 1 mile.

During this upcoming Wednesday's workout, lets focus on the 2nd intervals on being near the same time as the first, or just slightly faster. If the second one is slower, then it's possible that you may have went out a bit too fast on the first, or that we'll need to work on building up your mileage base. Monitor your heart

rate during these two intervals. It should be fairly steady and not in your max heart rate zones. Recall that your max heart rate guidelines are $220 - \text{your age} = \text{max heart rate}$.

Your goal weekly mileage should be in the range of 10-18 miles, 12K distance runners closer to 20 or more. Enjoy this nice stretch of weather this weekend.

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LRC-HIIT