

STRIDE Distance Learning Weekly Running Guide

The goal is movement...If you can't run, it is ok to slow down to walk. Do your best to complete the workout at the pace that fits you.

Just keep STRIDEing!

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
<p>DAY 1 - Fartlek Running</p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Then do 3 sets of...</p> <p>30 sec. fast pace 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>30 sec. fast pace 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 2 sets of...</p> <p>30 sec. fast pace 1 minute jog 1 minute fast 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 2 sets of...</p> <p>30 sec. fast pace 1 minute jog 1 minute fast 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>1 minute fast pace 1 minute jog</p>
<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p>DAY 3 - Steady Running</p> <p>7-10 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>7-10 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>8-12 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>8-12 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>10-14 minutes of steady, continuous running at any pace.</p>
<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p>DAY 5 - Interval Running <i>Double Up</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 5 seconds, walk back to start. Sprint 5 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 15 seconds, walk back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p>DAY 5 - Interval Running <i>Double Up</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 5 seconds, walk back to start. Sprint 5 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 15 seconds, walk back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p>DAY 5 - Interval Running <i>Ladder</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 20 seconds walk back to start. Sprint 15 seconds, walk back to start. Sprint 10 seconds, walk back to start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p>DAY 5 - Interval Running <i>Ladder</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 20 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 10 seconds, walk back to start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p>DAY 5 - Interval Running <i>Double Doubles</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy jogging.</p>

STRIDE Distance Learning + Summer Extension Weekly Running Guide

The goal is movement...If you can't run, it is ok to slow down to walk. Do your best to complete the workout at the pace that fits you.

Just keep STRIDEing!

WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
<p>DAY 1 - Fartlek Running</p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>1 minute fast pace 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>30 sec. fast pace 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 5 sets of...</p> <p>1 minute fast pace 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 5 sets of...</p> <p>1 minute fast pace 1 minute jog</p>	<p>DAY 1 - Fartlek Running</p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 2 sets of... 30 seconds fast pace 1 minute jog</p> <p>Then do 3 sets of... 1 minute fast pace 1 minute jog</p> <p>Then do 2 sets of... 30 seconds fast pace 1 minute jog</p>
<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 2 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p>DAY 3 - Steady Running</p> <p>10-14 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>7-10 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>12-15 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>12-15 minutes of steady, continuous running at any pace.</p>	<p>DAY 3 - Steady Running</p> <p>Do your longest run! Add 2-5 minutes to the longest run you have done</p>
<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p>DAY 4 - Choose 3 x 3</p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p>DAY 5 - Interval Running <i>Double Doubles</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy jogging.</p>	<p>DAY 5 - Interval Running <i>Double Up</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 5 seconds, walk back to start. Sprint 5 seconds, walk back to start. Sprint 10 seconds, walk back to start.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 15 seconds, walk back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p>DAY 5 - Interval Running <i>Triple Double</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p>DAY 5 - Interval Running <i>Triple Double</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p>DAY 5 - Interval Running <i>Twin Peaks</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 20 seconds, walk back to start.</p> <p>Sprint 15 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to the start. Sprint 20 seconds, walk back to start.</p> <p>Sprint 15 seconds, walk back to the start. Sprint 10 seconds, walk back to start.</p> <p>Cool down with 3-5 minutes of easy running.</p>