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

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