

LAUREL KNIGHTHAWKS TRACK & FIELD

WORKOUT

March 7, 2024

Events: 800 meters – 1600 meters – 3200 meters

- WARM-UP (Dynamic Stretches and Bounding Exercises) – Same as Tues/Thur.
- Varsity: Five (5) miles LSD with two (2) Tempo-Paced surges.
- Middle School: Three (3) miles LSD with one (1) Tempo-Paced surge.
- Varsity and Middle School: Maintain each surge for approximately 400 meters.
- COOL-DOWN – Continue to walk for a few minutes after your run [at least until your heart rate returns to your Resting Heart Rate (RHR)].

DID YOU KNOW?

- Surge:
noun
 1. a sudden powerful forward or upward movement, especially by a crowd or by natural force such as the waves or tide
 2. a sudden large increase, typically a brief one that happens during an otherwise stable or quiescent period*verb*
 1. (of a crowd or a natural force) move suddenly and powerfully forward or upward
 2. increase suddenly and powerfully
- **So....I guess run 3 or 5 quiescent miles with 1 or 2 sudden large increases at Temp Pace.**

FINISH LINE

"Right now, your competition is training."

- Unknown