

LAUREL KNIGHTHAWKS TRACK & FIELD

WORKOUT

March 14, 2024

Events: 800 meters – 1600 meters – 3200 meters

- WARM-UP (Dynamic Stretches and Bounding Exercises)
- **VO₂ Intervals**
7 x 800 Intervals at Long Interval pace – see attached table.
Rest/recovery should be no longer than 50% of interval (not lap) time.

Make every effort to run “at pace” – do not run faster (even if you feel like you can).
Make every effort to start subsequent intervals after the designated recovery/rest duration.
Maintaining a short recovery/rest duration is more important than finishing every lap at the exact goal time.
- 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?

- An average adult domestic cat can jump about 4 to 5 feet high. That’s five to six times its body length. That would be the equivalent of humans jumping 33 feet high. Sign Garfield up for the high jump!
- Today’s “Did You Know?” had absolutely nothing to do with Track & Field – just an interesting Googled curiosity!

FINISH LINE

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore

I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

- 1 Corinthians 9:24-27

	Interval 1 – 7		Int. 1	Int. 2	Int. 3	Int. 4	Int. 5	Int. 6	Int. 7
	Lap 1	Lap 2	800 M	1600 M	2400 M	3200 M	4000 M	4800 M	5600 M
	400 M	800 M							
Chris	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:19	02:38							
Bryson	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:26	02:52							
Matthew	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:32	03:04							
Isaiah	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:40	03:20							
Ben	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:32	03:04							
Sophia R	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:42	03:24							
Garrett	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:42	04:24							
Peter	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:38	03:16							
Maia	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:40	03:20							
Landon	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:46	03:32							
Trace	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:48	03:36							
Emily	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:46	03:32							
Adam	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:50	03:40							

Rest/Recovery: No more than 50% of the interval time.

	Interval 1 – 7		Int. 1	Int. 2	Int. 3	Int. 4	Int. 5	Int. 6	Int. 7
	Lap 1	Lap 2	800 M	1600 M	2400 M	3200 M	4000 M	4800 M	5600 M
	400 M	800 M							
Tom	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:54	03:48							
Luke	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:56	03:52							
Sophia M	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:42	03:24							
Sabrina	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:11	04:22							
Kayleah	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:02	04:04							
Vivian	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	01:54	03:48							
Isabel	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:11	04:22							
Hope	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:11	04:22							
Myles	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:02	04:04							
Sicity	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:14	04:28							
Owen	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:34	05:08							
Ian	Long	Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	02:42	05:25							

Rest/Recovery: No more than 50% of the interval time.