



# Ragged Mountain Running Shop

(434) 293-3367 • 3 Elliewood Ave. • Charlottesville, Va. 22903

LEATH'S COMEBACK  
POOL RUNNING  
WORKOUTS

A few tips:

- 1.) Always start with about 10-15 mins of warmup (easy) and finish with 5-10 mins of cooldown on workout days (\*)
- 2.) Hydrate prior, during and after workouts
- 3.) Pushups and Situps 5 days / week

WEEK OF 3/8 - 3/13

M -

\* W - 45 minutes TOTAL with 30 seconds AT 5K pace / 30 sec. easy  
40 seconds AT 5K pace / 40 sec. easy X 3

Th - 30 minutes easy!  
50 seconds AT 5K pace / 50 sec. easy

\* SAT. - 1 Hour with 2 min. AT 10K pace / 1 min. easy / 3 min. AT 10 mile pace / 1 min. easy  
4 min. AT HAMP  
X 2

WEEK OF 3/15 - 3/20

\* M - 30 minutes with 15 seconds hard / 45 sec. easy X 6

\* W - 45 minutes TOTAL with same as last week X 4

Th - 30 minutes easy

\* Sat - 1 Hour 10 minutes with same as last week X 3

WEEK OF 3/22 - 3/27

\* M - 35 minutes with same as last week X 8

\* W - 45 minutes with same as last week X 5

Th - 30 minutes easy

\* Sat - 1 hour 15 minutes with same as last week X 4