

Ohio High School State Mile Champions

April 1	10	6	Interval – 6 1000x4 @ 2:55 3 min rest	7	Interval – 8 Beaty's Two Man Basher	4	2nd Outdoor Meet – 5 4:30 1600m	45	10
April 2	10	6	Dual Meet – 5 4:25 1600m	6	Interval – 7 800m – 600m 800x3 @ 2:10 3 min rest	6	3rd Outdoor Meet – 5	45	9
April 3	10 See's Sunday Smoker	6	Interval – 6 600x6 @ 1:36 3 min rest	7	Interval – 8 600m – 400m 8x400@ 64 2 min rest	4	4th Outdoor Meet – 5 low 4:20s 1600m	45	10
April 4	10	6	Dual Meet – 5 Olympic Dual Meet Masochist	6	Interval – 7 Poole's Cinder Pounders	6	5th Outdoor Meet – 5	45	9

April might be the hardest month of the six. Hard intervals, dual meets, Saturday meets and keeping the miles up. Early in the month intervals are longer – 600s, 800s and up. The second half of the season intervals come down to 200s and 400s. Keep the mileage tempo runs around 6:00 mile pace. Do not get discouraged if our 1600m times are not in the teens or even in the twenties. You cannot race and train at the same time. 1600m race times should be 4:30 to 4:20.

If you do not have a Tuesday dual meet, run a workout for that day similar to the Thursday of that week.