

## Monday

OFF

## Tuesday

### Sprinters

- Warm-Up (15-20 min)
- 3x3 100 meter hills
  - Set 1: 3 hill sprints
    - 0.5 lap tempo
    - jog back rest
  - Set 2: 3 hill sprints
    - 0.5 lap tempo
    - jog back rest
  - Set 3: 3 Hill Sprints
    - 0.5 lap tempo
    - jog back rest
- 3 down hill sprints with walk back rest
- Cool Down (10 min)

### Distance

- Warm-Up (15-20 min)
- 3x3 hill sprints with tempo lap
  - Set 1: 3 Hill Sprints
    - 1 lap tempo
    - down hill sprint
    - 90 sec rest
  - Set 2: 3 Hill sprints
    - 1.5 lap tempo
    - jog back to hill
    - down hill sprint
    - 90 sec recovery
  - Set 3: 3 Hill sprints
    - 2 lap tempo
    - down hill sprint
    - 90 sec recovery
- Cool Down (10 min)

### Everyone

- Lifting Circuit
- If it is **Leg Day** add
  - 5 box jumps to each set
- If it is **Arm Day** add
  - 1 minute weighted arm drills (we did this 2 weeks ago) {Get 2.5-5 pound weight in each hand; Stand in a running stance, hold the weights like a baton; swing your arms using running form; start at a light jog arm swing, 30 seconds in speed up to a sprinting arm swing, 50 seconds in slow back to a jog arm swing}

## Wednesday

### Sprinters

- 35 minute easy run
- 7-8 strides

### Distance

- 40-45 min run (**Veterans make this a medium effort run!**)
- 7-8 strides

### Everyone

- Lifting

## Thursday

### Sprinters

- Option 1:
  - 30 min run with 5 hill sprints (walk back rest) after 20 mins.
  - Example: Run 20 min to the park; do 5 up hill sprints 3 down hill sprints (both walk back rest); run 10 min back to the school
- Option 2 (coach Aby will modify if weather is bad)

### Distance

- Option 1:
  - 40 min run with 20 min of pickups and 5 hill sprints (walk back rest) after 30 mins.
  - Example: Run 10 min to the park; 20 min of 1 min PICKUP 2 min JOG; 3 hill sprints 2 down hill sprints (both walk back rest); run 10 min back to the school
- Option 2 (coach Aby will modify if weather is bad)

### Everyone

- Lifting Circuit
- If it is **Leg Day** add
  - 5 box jumps to each set
- If it is **Arm Day** add
  - 1 minute weighted arm drills (we did this 2 weeks ago) {Get 2.5-5 pound weight in each hand; Stand in a running stance, hold the weights like a baton; swing your arms using running form; start at a light jog arm swing, 30 seconds in speed up to a sprinting arm swing, 50 seconds in slow back to a jog arm swing}

## Friday

### Sprinters

- 30 min easy run
- 4 strides

### Distance

- 40 min easy run
- 4-6 strides

### Everyone

- Core

## Saturday

### Sprinters

40-50 min long run (go somewhere with rolling hills if you can)

### Distance

45-55 min long run (go somewhere with rolling hills if you can)