

Monday

OFF

Tuesday

Sprinters

☐ Option 1:

☐ Run 30 min

☐ Option 2:

☐ HIT workout

Distance

☐ Option 1:

☐ Run 30 min

☐ treadmill: after 10 min do 15 min of 1 min ON- 90 sec OFF (standing rest)

☐ Option 2:

☐ HIT workout

Everyone

☐ Core

Wednesday

Sprinters

☐ Option 1:

☐ 35 minute easy run

☐ Option 2:

☐ HIT workout

Distance

☐ Option 1:

☐ 40 min run

☐ Option 2:

☐ HIT workout

Everyone

☐ Core

Thursday

Sprinters

☐ Option 1:

☐ 30 min run after 10 min 30 sec ON- 90 sec OFF (standing rest)

☐ Option 2:

☐ HIT workout

Distance

☐ Option 1:

☐ 40 min run with 15-20 min tempo after 10 min warm up (if you feel that full 15-20 min tempo is out of your range split it up by doing 10 min tempo 90 sec- 2 min standing rest then 10 min tempo)

☐ Option 2:

☐ HIT workout

Everyone

☐ Core

Friday

Sprinters

☐ 30 min easy run

☐ 4 strides

Distance

☐ 40 min easy run

☐ 4-6 strides

Everyone

☐ Core

Saturday

Sprinters

35-40 min long run

Distance

40-45 min long run