

**If at school:**

**Monday**

OFF

**Tuesday**

**Sprinters**

- 20-25 minute run
- Continuous stairs for 10 min (what we did last week Tuesday and Thursday)

**Distance**

- 25-30 minute run
- Continuous stairs for 10 min (what we did last week Tuesday and Thursday)

**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**

- 30 minute easy run

**Distance**

- 30-35 min easy run

**Everyone**

- Lifting

**Thursday**

**Sprinters**

- 25-30 minute run
- 6-8 Stair strides

**Distance**

- 30 minute run
- 6-8 stair strides

**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

**Distance**

- 30-35 min easy run

**Everyone**

- Core

**Saturday**

**Sprinters**

- 30-40 min long run

**Distance**

- 35-40 min long run

**If at Home:**

**Monday**

OFF

**Tuesday**

**No Treadmill**

- Outside workout:
  - 20-30 min run
  - find a long hill and 6x hill sprints (if its icy do the inside workout!)
- Inside workout (choose 1 workout):
  - <https://www.youtube.com/watch?v=cuHwoCWFLlw&t=1569s>
  - [https://www.youtube.com/watch?time\\_continue=18&v=8soyvvU3lOw&feature=emb\\_title](https://www.youtube.com/watch?time_continue=18&v=8soyvvU3lOw&feature=emb_title)
  - <https://www.youtube.com/watch?v=NjAw2lkNGn4>

**Treadmill**

- Option 1:
  - 25-30 min run
  - raise incline to anything above a 5% grade; 6x 1 min hill sprints with 90 second rest
- Option 2:
  - 30 min hilly run; use one of the presets or raise incline for 20 min of the run

**Everyone**

- Lifting Circuit (arms) (choose 1 or use your own)
  - <https://www.youtube.com/watch?v=i0CwCvJbGZl>
  - <https://www.runnersworld.com/video/a20822257/arm-workouts/>
  - [https://www.youtube.com/watch?v=W\\_6K5x-mDOM](https://www.youtube.com/watch?v=W_6K5x-mDOM)

**Wednesday**

**No treadmill**

- Outside workout:
  - 30 minute easy run
- Inside workout (choose 1 workout):
  - <https://www.runtastic.com/blog/en/10-moves-strengthen-core/>
  - <https://www.youtube.com/watch?v=-b2INLq3EaA>

**Treadmill**

- 30-35 min easy run

**Everyone**

- Core (choose 1)
  - <https://www.youtube.com/watch?v=ScOK8C1sCsw>
  - <https://www.youtube.com/watch?v=-38dQEgoPGU>
  - <https://www.youtube.com/watch?v=WLc5MxAu4WQ>

**Thursday**

**No Treadmill**

- Outside workout:
  - 20-30 min run
  - find a long hill and 6x hill sprints (if its icy do the inside workout!)
- Inside workout (choose 1 workout):
  - <https://www.youtube.com/watch?v=cuHwoCWFLlw&t=1569s>
  - [https://www.youtube.com/watch?time\\_continue=18&v=8soyvvU3lOw&feature=emb\\_title](https://www.youtube.com/watch?time_continue=18&v=8soyvvU3lOw&feature=emb_title)
  - <https://www.youtube.com/watch?v=NjAw2lkNGn4>

**Treadmill**

- Option 1:
  - 25-30 min run
  - raise incline to anything above a 5% grade; 6x 1 min hill sprints with 90 second rest
- Option 2:
  - 30 min hilly run; use one of the presets or raise incline for 20 min of the run

**Everyone**

- Lifting Circuit (legs) (choose 1 or use your own)
  - <https://www.inov-8.com/leg-strengthening-exercises-for-runners>
  - <https://www.runnersworld.com/training/a36531089/dumbbell-leg-workout/>
  - <https://www.youtube.com/watch?v=JZyIKPICvwE>

**Friday**

**Sprinters**

- 30 min easy run

**Distance**

- 30-35 min easy run

**Everyone**

- Core (choose 1)
  - <https://www.youtube.com/watch?v=ScOK8C1sCsw>
  - <https://www.youtube.com/watch?v=-38dQEgoPGU>
  - <https://www.youtube.com/watch?v=WLc5MxAu4WQ>

**Saturday**

**Sprinters**

- 30-40 min long run

**Distance**

- 35-40 min long run