

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?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

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?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