

Monday

OFF

Tuesday

Sprinters

- Warm-Up (15-20 min)
- 4 X 8 200m hill sprints (jog back rest, with standing rest between sets)
- 2-4 X Down Hill sprint with walk back recovery
- Cool Down (10 min)

Distance

- Warm-Up (15-20 min)
- 4x 8 300m hill sprints (jog back rest, with standing rest between sets)
- 2-4 x down hill sprint with walk back 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

- 30 minute easy run

Distance

- 30-40 min easy run

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 hill sprints; run 10 min back to the school
- Option 2:
 - Run 20 min then do 10 min of the continuous stairs (in the school)

Distance

- Option 1:
 - 40 min run with 5 hill sprints (walk back rest) after 30 mins.
 - Example: Run 30 min to the park; do 5 hill sprints; run 10 min back to the school
- Option 2:
 - Run 30 min then do 10 min of the continuous stairs (in the school)

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

35-40 min long run (go somewhere with rolling hills if you can)

Distance

40-45 min long run (go somewhere with rolling hills if you can)