

	1	2	3	4	5	6	7
	Fartleks	Tempo	Intervals	Strength day	Event Day	Stretching	Stretching
Distance	5 mins easy 30 secs 80% 4 mins easy 45 secs 80% 3 mins easy 60 secs 80% 2 mins easy 30 secs 100% 1 min easy 15 secs 100% 5 min easy 23mins total Plank Variations for 5min	20 min tempo run - 7 warm-up - 8 min 60% - 5 min cool Down 50 push-ups	½ mi warm-up 3 x 1000m -3 mins walking or jogging in between each rep Choice 500 reps (any stationary exercise, ie. Push- ups, crunches, etc.	2 x 10min workout videos -YouTube Mr. and Mrs. Muscle -Core Workout (any one from the group chats)	-if you want a specific workout contact your event coach Hurdles-Smith Jumpers-Kindle Throwers-Stahl HJ-McGough		
Mid-distance	4 mins easy 45 secs 80% 3 mins easy 60 secs 80% 2 mins easy 30 secs 100% 1 min easy 15 secs 100% 5 min easy 18 mins total Plank Variations for 5min	15 min tempo run -5 min warm up - 7 mins 60% -3 min cool down 50 push-ups	½ mi warm-up 5 x 300m -3 mins walking or jogging in between each rep Choice 500 reps (any stationary exercise, ie. Push- ups, crunches, etc.	2 x 10min workout videos -YouTube Mr. and Mrs. Muscle -Core Workout (any one from the group chats)			

<p>Sprinters</p>	<p>3 mins easy 15 secs 80% 2 mins easy 20 secs 80% 1 min easy 30 secs 100% 1 min easy 20 secs 100% 3 mins easy</p> <p>12 mins total</p> <p>Plank Variations for 5min</p>	<p>Pyramid -50m -100m -150m -200m -250m -200m -150m -100m -50m</p> <p>*recovery walk between each rep</p> <p>50 push-ups</p>	<p>½ mi warm-up</p> <p>1x25m 2x50m 1x75m 2x150 1x250</p> <p>*recovery walk between each rep</p> <p>Choice 500 reps (any stationary exercise, ie. Push- ups, crunches, etc.)</p>	<p>2 x 10min workout videos</p> <p>-YouTube Mr. and Mrs. Muscle</p> <p>-Core Workout (any one from the group chats)</p>			
<p>Throwers</p>	<p>2 laps -Jog curves -Sprint straights</p> <p>½ mile total</p> <p>Plank Variations for 5min</p>	<p>Build-ups -6x100m</p> <p>*start by jogging and increase to a sprint and then decrease back down to a jog over the course of 100m Ex. 30m jog— 50m sprint—20m jog</p> <p>75 push ups</p>	<p>1 warm-up lap</p> <p>Weight Sled -20m back pedal -20m sprint -20m back pedal -20m sprint -20m back pedal -20m sprint</p> <p>Choice 500 reps (any stationary exercise, ie. Push- ups, crunches, etc.)</p>	<p>2 x 10min workout videos</p> <p>-YouTube Mr. and Mrs. Muscle</p> <p>-Core Workout (any one from the group chats)</p>			