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

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