

**“Be grateful for adversity, for it forces the human spirit to grow - for surely, the human character is formed not in the absence of difficulty but in our response to difficulty.” Jim Rohn, "The Treasury of Quotes"**

Happy Easter Tracksters! If we were in school this week and next week would be a 4 day week. There are 5 workouts listed below. Choose 4 of them to do. 😊

	1	2	3	4	5	6	7
	Fartleks	Tempo	Intervals	Strength day	Event Day	Stretching	Stretching
Distance	Timed run 30 mins  Plank Variations for 5min	½ mile warm-up  2400m no more than 6 runs  (Can break the 2400m into 6 or fewer runs)  50 push-ups	½ mi warm-up  5 x 600m -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	Timed run 20 mins  Plank Variations for 5min	½ mile warm-up  1800m no more than 6 runs  (Can break the 1800m into 6 or fewer runs)  50 push-ups	½ mi warm-up  3 x 200m 2x100m  -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)			

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<p>Sprinters</p>	<p>¼ mile warm-up</p> <p>½ mile sprint the straights and jog/walk the curves</p> <p>½ sprint the curves and jog/walk the straights</p> <p>¼ mile cool-down</p> <p>Plank Variations for 5min</p>	<p>¼ mile warm-up</p> <p>1200m no more than 8 runs</p> <p>(Can break the 1200m into 8 or fewer runs)</p> <p>*recovery walk between each rep</p> <p>50 push-ups</p>	<p>½ mi warm-up</p> <p>1x20m</p> <p>2x50m</p> <p>1x75m</p> <p>2x150</p> <p>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</p> <p>-Jog straights</p> <p>-Sprint curves</p> <p>½ mile total</p> <p>Plank Variations for 5min</p>	<p>Build-ups</p> <p>-6x100m</p> <p>*start by jogging and increase to a sprint and then decrease back down to a jog over the course of 100m</p> <p>Ex. 30m jog—50m sprint—20m jog</p> <p>75 push ups</p>	<p>1 warm-up lap</p> <p>Weight Sled</p> <p>-20m back pedal</p> <p>-20m sprint</p> <p>-20m back pedal</p> <p>-20m sprint</p> <p>-20m back pedal</p> <p>-20m sprint</p> <p>2x50 yard tire flips</p> <p>-located near the shed on the 50yd line of practice FB field</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>			