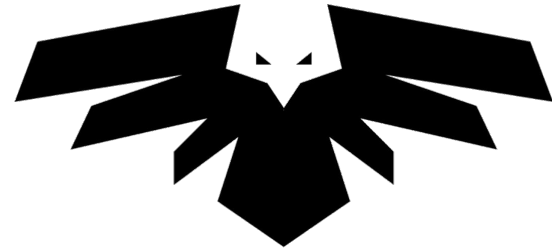




Hudsonville Track & Field
Distance Schedule
5/17 - 5/23



Myrtle Lift set- 5x 5 sec weighted bridge- 5x front right left and 5x back left right Lunges(so 20 total)- 5x single leg deadlift- 8x goblet squat and do this x2 and remember this a starting point hopefully you all have either progressed this with more weight or another set or 2-3 more reps .. more weight would be preferred progression remember every 2-3 weeks

SLEEP AND WATER ALL WEEK EAT GOOD

Monday - drills first lift at home bring spikes

Jaben 620 128 , Grayson 650 137.5 Luke 640 144, Tyler 700, 142 Brayden 700 142 6mins then 8 mins of slow threshold 2 laps of bf sprints then 600 15-18min recovery 300 all out

Kyle 630- 144 Jordan 630 149 Jason 640 157 Jake 630 149 6mins then 8mins of slow threshold then 2 laps of bf sprints then 3x600 with 6min recovery on final rep all out final 300

Dylan 6mins wu then 3x150 full recovery at least 3mins

Tuesday leg swings before back routine after

Jaben 29 Jake 31 Jason 35 Luke 34 Grayson 32 40mins 2x200

Kyle 30 Jordan 33, Brayden 33, Tyler 33 32mins 2x200

Dylan 20mins easy

Wednesday- TBD most likely 1000-400-200

Dylan 12mins easy 4x100 3mins btw each hundred

Thursday- leg swings before back routine after

Everyone 20mins 3 laps bf sprints one side of field
Dylan 20mins 15 second all out sprint at 10 and 20

Friday - REGIONALS AT GRAND HAVEN

Saturday off

Sunday some kind of run for those running at metro health all star meet i will let you know

COVID TESTING AT 620-FRESHMEN CAMPUS