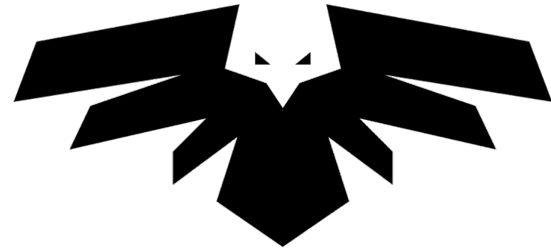




Hudsonville Track & Field  
Distance Schedule  
5/3 - 5/9



**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**

DOING MYRTLE LIFT MONDAY after meet and after meet Wednesday and Saturday

**Monday - away @ Jenison early release at 230 get to stadium right away bring food stay off feet BRING WATER!!!!**

Mitchell, Hunter, Nic 8min wu 3x45 seconds all out 8min recovery

Jaben 60min recovery

**Tuesday leg swings before back routine after DRINK WATER**

Everyone 30min recovery

**Wednesday-** meet away @ EK

Hunter, Nic, Mitchell find a hill by your house if none then just sprint hard 10 seconds it'll be 16min wu and then 8x8 seconds up hill and walking recovery 2mins

**Thursday- leg swings before back routine after**

Everyone 30mins runners at TC no wickets everyone else 5x wickets

Mitchell Hunter Nic 30min recovery everyone 5x6 second sprint walk back recovery

**Friday - TRAVERSE CITY OR Practice on your own drills first**

Everyone 12min wu 2x500 all out with 10-12min recovery if you're not at track then go for about your fastest 400 time this year and add 17 seconds to it

Nic Mitchell Hunter - 12mins easy and do 3x45 seconds all out with 7-8min recovery

**Saturday off**

**Sunday everyone who is running at meet 25mins easy 3x10 second sprint walk back recovery**

COVID TESTING AT 620-FRESHMEN CAMPUS

**Monday at Grand Haven DRINK WATER GET SLEEP BE PREPARED**