

HUDSONVILLE



DISTANCE



2/28

Monday -

tippy twist ,ankle flips then a skip... skip for height before and after

18mins easy then 8x200 at goal mile pace with 10 second walk and 200m jog recovery

if you ran hard on sunday then 35-40mins recovery

Tuesday- weights first bring spikes for the 600s

10min wu 400,400,500,400,400,500 130 break between 8min break 2x600 230 break between..first number 4s 5s second number 6s 400s times

Jason 79,75 Jaben 70,66 Luke 80 76 Grayson 78 74 Gabe 80 76 Matthew 82 78 Logan 79 76 Nic 81 77

Brendan 18mins 12x200 at current mile pace with 2min jog recovery

Wednesday leg swings before and back routine after

Everyone 36-46min recovery

Brendan 2wu then 2miles at 755 right into 1 mile at 730 last 100m hard

Thurs tippy twist ,ankle flips then a skip... skip for height before and after

30-40 mins then 6x8 second sprints walk back recovery

Friday weights first bring spikes

16min wu 3x400 6-7min recovery

Jason 67 Jaben 62 Luke 69 Grayson 66 Gabe 69 Matthew 72 Logan 68 Nic 70

Brendan don't do weights 16mins easy 4x400 at 730 1min recovery

Sat off

Brendan half marathon

Sun depending if we race mwf then pre race of 20mins 3x200 at half mile

or 2miles easy 3miles at slow threshold

Jason 645 Jaben 625 Luke 650 Grayson 700 Gabe 700 Matthew 720 Logan 700
Nic 700