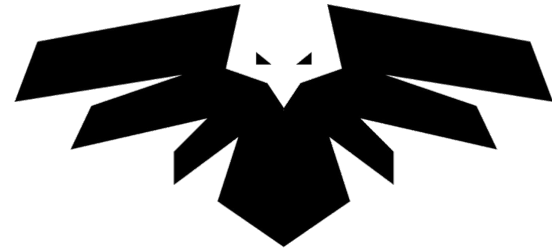




Hudsonville Track & Field
Distance Schedule
5/24 - 5/31



Monday - drills first

Dylan Curtis 3 laps 1x200 at 39-40 and 1x200 at 29-30 and repeat

Jake, Jason Logan Matthew Gabe Grayson, Nick Jaben 25mins easy
3x200 at 800 pace 2-230 recovery

Tuesday Metro Health running events start at 515

Matthew Gabe Nick drills 10min wu 3x600 at goal mile pace for saturday
with 5min recovery btw each.

Wednesday recovery leg swings before after

Dylan Curtis 3 laps then 3x200 at 40 3 laps then 2x200 at 40

Jake Jaben Jason Grayson Logan Matthew Gabe 10mins easy 2x200 at 3
seconds slower then mile pace so if 35 then 38 with 2min walk across
recovery 30mins easy then 2x200

Thursday drills

Dylan Curtis Jaben run to water tower hill 4x8 second hills and then hand
off work if no hand off work then 3x400 at 80 jaben 70

Jake Jason Matthew Nick Gabe
run to water tower hill 4x8 second hills and run back 1xmile at threshold ..
3 laps of barefoot sprints one side of field

Friday- I can meet you at 10am at stadium or on your own

Dylan Curtis 3 laps 4x300 at 45-46 3min recovery .. last one take 4min recovery and run the first 150 at same speed then last 150 all out

Jaben Jake Jason Luke Grayson Gabe Logan Matthew 25min 3x200 at 800 pace with 2min walk across recovery

Saturday Distance Under the Lights Festival at Houseman Field

Curtis Dylan 3 laps 3x200 at 40 and 3 laps 2x200 at 40 2min-130 recovery btw all

Sunday off

Monday on your own or if you want to meet at sometime at stadium like at 3 let me know.

Curtis Dylan Jaben run 3 laps 4xhill sprints 3 laps 3x400 at 80 and jaben 70 2min recovery .. jaben 10min cd

Tuesday will be final workout

Wednesdasy recovery

Thursday 8second hills and handoffs

Friday premeet