

Hudsonville XC



Summer Running

August 2 - 8

Max sprints are 6 second sprints with 130-2min walk recovery ..run as fast as you can during this time period what i would do is do these at the same place always and try to beat that distance every time so leave a marker at where you finished or do 60meters with your watch set in meters as a unit of measure

**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**

**Myrtle lift M-W-S**

**MONDAY- 845am at Jason and Ryan VanDyken house here's is the address 1476 20th Ave. Byron Center, MI 49315. Its really jamestown but byron center postal address**

**drills hard tempo day**

Jaben Luke Jason 1mi wu 4miles

Evan Grayson Jake Gabe 1mi wu 3 miles

Dylan P, Dylan L Garret Alex Foster, Brendan 1wu 2miles

Isaac, Jacob, Billy, Yalmaz, Ryan V, Brendan, Nic, Tucker, Liam, Jack T  
Ryan S, Luke R, Owen R, 1mi wu 1 tempo 1 mile jog

**Tuesday on your own recovery run leg swings first back routine after pendulum clock, side plank LR, reverse dead bug LR, pendulum clock**

Jaben, Jason, Luke 68min recovery if you want to break it up and go 34/34 am pm that too

Gabe Evan Jake, Grayson 50mins recovery

Foster Ian Dylan P, Garrett Alex, Dylan L 40min recovery

Owen R, Ryan V, Brendan, Nic, Isaac, Jacob, Billy, Yalmaz, Tucker Liam, Jack T, Ryan S, Luke R  
30min recovery

**Wednesday 8:30am meet at freshmen campus track drills first HURDLE DRILLS and barefoot sprints after**

**if you can't do bf strides then do 12 second sprint with 2min jog recovery**

**everyone is running to the water tower hill and doing 5x sprints hills walk down recovery walk backwards slow down**

Jaben Luke, Jason after hills then 40mins easy 4 laps of one side of field bf sprints

Grayson Evan Jake Gabe (if you guys feel like you can go 40 then go 40) after hills then 32mins easy 4 laps of one side of field bf sprints

Foster Dylan P, Garrett Alex Dylan L, Brendan after hills then 25 mins easy then 4 laps of one side of field bf sprints

Ryan V Nic Isaac, Jacob, Billy Yalmaz Liam Tucker ,Jack T, Ryan S, Luke R  
after hills 18mins easy then 4 laps of bf sprints one side of field

if not here then run higher mileage guy run 40min easy with 6x8seconds with walk back recovery and lower mileage guys run 25mins easy with 6x8 second sprints with walk back recovery

**Thursday- leg swings first back routine after last 10mins for everyone do 5x15 second stride at mile pace with 2min jog recovery**

Jaben, Jason, Luke, 60 mins recovery -easy

Evan Gabe Grayson 50mins recovery-easy

Foster Ian, Dylan P, Garrett, Alex, Brendan 36mins recovery-easy

Owen R, Ryan V Brendan, Nic, Isaac, Jacob , Billy, Yalmaz, Dylan L, Tucker, Jack T, Liam, Ryan S, Luke R  
30mins recovery

**Friday- 8:30am at freshmen campus track we meet drills first and hurdle drills after running 1000m repeats 130 recovery**  
everyone running to hughes park guys

Luke 346-343 Jaben 330-327 Jason 346-343 8x1000

Gabe 413-410 Evan 413-410 Grayson 357-353 Jake 357-53 6x1000

Foster 424-421 Dylan P 416-413 Garret 416-413 Alex 357-353 Dylan L 418-415 Brendan 416-413 4x1000

Isaac 505-502 Jacob 448-445, Billy 505-502 Yalmaz 458-455 , Owen R 448-445 Ryan V Nic 448-445 , Tucker 505-502 , Jack 424-421 ,Liam 505-502 Ryan S 600-557 Luke R 510-507  
3x1000

**Saturday- recovery on your own leg swings before and back routine after**  
hurdle swings pendulum clock, side plank LR, reverse dead bug LR, pendulum clock

Jaben, Jason, Luke, 60 mins recovery

Evan Gabe Grayson 50mins recovery

Foster Ian, Dylan P, Garrett, Alex, Brendan 36mins recovery

Owen R, Ryan V Brendan, Nic,  
Isaac, Jacob , Billy, Yalmaz, Dylan L, Tucker, Jack T, Liam, Ryan S, Luke R  
30mins recovery

**Sunday**

everyone off or move your saturday run to here

next week —official practice

I think we are going to meet in the coach bolhuis's classroom at 845am I think or the freshmen track