

HUDSONVILLE



**D I S T A N C E**



3/15-3/21

**Myrtle Lift set- 5x 5 sec weighted bridge- 10x LeftRight Lunges- 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**

### **Monday Not meeting drills**

Ryan, Liam 40mins easy 5xhill sprints

Grayson, Gabe Luke, Jaben, Jason 52mins total easy running but in there at nature center hill go 7x hill sprints like we did on this past thursday so the hill sprints will count in your minutes of running total .. so you will just run around nature center for a bit and then come do hill and then maybe run a little more in nature center and be back at school done at 52mins

if you're not here and at nature center then find a hill in your area sprint 6-8 seconds all out and take at least 2mins recovery jog

Brett 20mins easy

Kyle 16mins easy and 3.5miles at 720-650 so start at 720 and lets see how you go if you feel okay then increase pace 4x10 second sprints walk back recovery after

### **Tuesday leg swings back routine**

800m runners 30mins easy and 4x200 at half mile goal pace for tomorrow

Kyle 42min recovery

Brett find hill the nature center hill is clear now but don't go all the way to end go only 20seconds total and 4x20 seconds so if not nature center then different hill

**Wednesday**  
**800m race**

Brett 20mins easy

Kyle 12min wu alternate 400s at 92 with a 200 at 33-32 115min recovery x6 so you'll be doing 6x200 and 6x400 altogether

**Thursday** - Recovery back routine  
Ryan Liam 40mins recovery  
Luke Jaben Grayson Gabe Jason  
64mins recovery nature center ideal

Brett 3x400 at 62-64 7-8min recovery

**Friday-**  
**drills and sprints 5x6 second sprints beforehand when you get back from run then do 30yds of a skip skip for height and bounding x2 and after 6x200 at goal half mile pace 130 recovery**

Brett 20mins

Ryan, Liam 30mins  
Luke, Jaben Grayson, Gabe, Jason 44mins

Kyle 30 mins

**Saturday**  
Brett - 6x70m sprints all out full recovery

Gabe Ryan Liam off

Grayson Luke, Jaben, Jason 75mins easy try to take first half easy and then second half pick up pace to light threshold

Kyle 54mins easy last 10mins start 5x15second sprint with 145 jog

**Sunday** off

**Monday** timed 150 then timed 400 then about 10-30mins of easy running depending who you are