



Oct 17 - 23

**Monday- OPTIONAL PRACTICE 10am a skip b skip skip for height ankle flips before and after**

**to get your 300m time just take your mile 400 reps we have been doing and divide by 2. Then take that number and divide again and add it to your 200 time.. 400 time /2 equals your 200m time... so take that 200m time and divide again to get your 100m time. 100m time plus 200m time equals 300m time**

**run to watertower hill first everyone for 5xhills.. if you don't come to the optional practice you can easily just run for 5 mins then do 5x10 second sprint walk back recovery and then run for 8 mins and or however long you have and then start 300s... Just imagine the times you would run to get to watertower do sprints and do hughes park..**

Jaben 2 miles easy on course then 5x300 2min jog recovery

Logan, Grayson, Jason, Jake, Gabe, Nick, Luke 1.5 easy then 5x300 2min jog

Evan Dylan P, Foster, Aidan, Garrett, Cole, Yalmaz 1 easy then 5x300 2min jog

Tyler, Logan S, Liam, Dylan L, Ryan V,, Cayden, Noah R, Jeff, Noah B  
Seth, Noah J, Will,, Isaac V, Owen R, Isaac A, Nathan  
run 1000m loop then start 5x300 2min jog recovery

Carter, Isaiah B, Cam, Tucker Aidan V, run to watertower hill then hughes park 4x300m at mile pace with 2min jog recovery..if you don't have a gps watch just go for time at your mile pace and jog recovery

## **Tuesday - drills then weights after**

Jaben first 2 615 last 3 600-550 run to hughes 5mile threshold 530 break then 3x400 2min recovery

Nick 635, Luke 640, Logan640 Grayson 640 4 mile threshold 3x400 2min recovery

Gabe 650- Evan 655 Dylan P 645, Foster655, Aidan 650, Garrett 635, Cole 720, Yalmaz 735 run to hughes park 3miles threshold 4min recovery 3x400 at mile pace 2min recovery

Jake 630 Jason 630 2mile threshold 6x400 2min recovery

Tyler 800, Logan S 720, Dylan L 750 Ryan V 720,, Cayden 750, Noah R820, Jeff 800, Noah B 720, Isaiah 730 Seth 720, Noah J 750, Will 750, Isaac A 720 run to hughes park 3mile threshold 3 min recovery 2x400 at mile pace 2min recovery

Carter 740, Isaiah B 840,  
Cam 810, Tucker 840, Aidan V 900 Tanek  
run to hughes park 2 miles threshold 3min recovery 2x400 at mile pace

Dylan 1x170meters and then 3x80m full rest

## **WEDNESDAY - GAME DAY**

### **THURSDAY askip b skip skip for height ankle flips before after run to hughes park**

Jaben run to run to hughes 1000-600-1000 easy and then 8x200 at mile pace 400m jog

Logan, Grayson, Jason, Jake, Gabe, Nick, Luke run to hughes then 1000-600-1000 easy then 6x200 at mile pace with 400m recovery

Evan Dylan P, Foster, Aidan, Garrett, Cole, Yalmaz run to hughes and do 1000-and 600 easy then 6x200 at mile pace with 400m jog recovery

Tyler, Logan S, Liam, Dylan L, Ryan V,, Cayden, Noah R, Jeff, Noah B  
Seth, Noah J, Will,, Isaac V, Owen R, Isaac A, Nathan  
run to hughes then 6x200 at mile pace with 400m jog recovery

Carter, Isaiah B, Cam, Tucker Aidan V, run to hughes then 5x200 at mile pace with 2min jog recovery

dylan go to hughes wu there 4x80m full rest

## **FRIDAY -**

**PRE MEET-** Grass 200s at mile pace walk back recovery

Logan , Grayson, Jason, Jaben, Jake, Gabe, Nick, Luke  
Evan Dylan P, Foster, Aidan, Garrett, Cole, Yalmaz 24mins then 4x200

Tyler, Logan S, Liam, Dylan L, Parker, Ryan V,, Cayden, Noah R, Jeff,, Noah B  
Seth, Noah J, Will, Alex, Isaac A, Nathan, 20mins easy then 4x200

Carter, Isaiah B, Cam Tucker, Tanek, Aidan V, Dylan  
20mins easy then 4x200

**Saturday REGIONALS@ Allendale**  
**BUS BE THERE AT 10:35AM**  
**Varsity 1245 JV 245**