



OCT 25 - 29

**Myrtle Lift set- If you have been keeping up with myrtle just two times this week**

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 T**

**Monday- on your own drills first..if you can't have access to a track.. then 100 house numbers is 200m and 200 house numbers is 400meters.. so if you're address is 8202 you would run your 400 to 8402 or for 200 8302.. if you have a gps watch you can convert it to meters and figure out 200/400m on your warm up as well.. best solution would be to go to hughes park or a track.**

Luke 76-77 Jason 76-77 Jake 74-76 Grayson 82-84 Evan 85-84 Gabe 79-81, Matthew 84-85 Garrett 79-78 , Nic 84-85 , Dylan P 89-88, Dylan L 89-88, Brendan 94-92, Aidan 85-84  
16min wu 8x400 2min recovery

Owen R 820, Cayden 825 ,Noah 830, Parker 825, Ryan V, 800 , Jacob 825  
16min wu 1mile at threshold 4x200m all out with 200min recovery

**Tuesday Uniforms due for people who are done and Gameday/Banquet meet in Coach Bolhuis's room**

**Wednesday drills**

Luke 640 Jason 635 Jake 620 Grayson 700 Evan 650 Gabe 700, Matthew 700  
Garrett 640 Nic 700, Dylan P 710, Dylan L 710, Brendan 740, Aidan 720  
10min wu 1.5 miles at threshold track 3x400 same times as monday 2min recovery through all hurdle drills

Owen R 820, Cayden 825 ,Noah 830, Parker 825, Ryan V, 800 , Jacob 825 10min wu 1mile at threshold 3x400m 200min recovery hurdle drills

**Thursday Pre meet**

drills 18mins with 3x200 at goal race pace with 200m jog recovery  
ankle flips and hurdle leg swings x20 each

**Friday- Regionals 500 varsity 530 jv .. get out of class at 120 and bus leaves at 130 bus doesn't come back to hudsonville 715-730 .. dress warm and prepare for rain**