



July 19 - 25

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- 830 at church if the driveway is blocked then at track drills first and after 10 forward lunges 10 back wards lunges 5 rocket jumps (a squat and then jump in air with both feet)

Jaben 620 Jake 635, Jason 645, Luke 645, Evan 705 14mins , run to nature center show guys the loop then 3x11 mins at threshold 2min recovery btw just a tad faster on each one 3-5 seconds and then 20min easy afterwards

Alex 325 Foster 345 Dylan P 330, Ian 345, Garrett 335 Grayson 330 run to nature center 5x800 1min recovery

Isaac 355, Jacob 345, Billy 405, Yalmaz 405, Ryan V 400, Brendan 345 Nic 350, Tucker 355, Liam 410, Dylan L 340, Jack T 340
run to nature center 4x800 1min recovery

Ryan S, run to nature center 2x800 500

if you're not here then you have either higher mileage guy going 30mins easy last 15mins at threshold and lower mileage guy going 20mins and last 10mins at threshold

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 Jake 68min recovery

Gabe Evan 50mins recovery

Foster Ian Dylan P, Garrett Alex 36min recovery

Owen R, Ryan V, Brendan, Nic, Isaac, Jacob, Billy, Yalmaz, Tucker Liam, Dylan L, Jack T, Grayson

28min recovery

Ryan S, 8min run 2min walk x3

Wednesday 8:30am meet at freshmen campus track drills first then meet me at hughes park again for 500m repeats HURDLE DRILLS after if you can't do bf strides then do 12 second sprint with 2min jog recovery

Jaben 133-34 Evan 151-152 Jake 138-137 Luke 141-142, Jason 141-142 - run to park 8x500 with 100m walk then 30mins run and 4 laps of bf sprints one side of field

Foster 200, Dylan P 154-55, Garrett 154-55 Alex 145-47 run to park 6x500 with 100m walk then back to school and 4 laps of bf sprints one side of field

Ryan V 2:35 Brendan 2:10, Nic 2:10
Isaac 2:50, Jacob 2:25, Billy 2:55, Yalmaz 2:55, Liam 2:50, Tucker 2:50, Dylan L, Jack T, Grayson 2:00- run to park 4-5 x500 with 100m walk and then back to school

Ryan S run to park 2x500 400mins 3 laps of bf sprints on one side of field

if not here then run higher mileage guy run 16min wu 8x60seconds at goal 5k pace with 2min jog recovery then finish with 4x10 second sprint walk back recovery and lower mileage guy run 16min wu 4x60 seconds at goal 5k pace with 2min jog recovery 3x10 second sprint walk back recovery

Thursday- leg swings first back routine after

Jaben, Jason, Luke Jake, 60 mins recovery

Evan Gabe 50mins easy

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

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

Ryan S
6min run 2min walk x4

Grayson off

Friday- 8:30am at freshmen campus track we meet drills first and hurdle drills after go out to water tower, new holland to 40th to ransom and to 48th and then quincy

everyone coming back do 3 laps of bf strides but both sides of the field at mile pace not all out sprints..trot the end zones, 20 to 20

Jake, Luke Jaben 70mins easy

Gabe 75 mins easy last 12 mins start 4x15 second mile pace strides 2min jog recovery

Foster Dylan P Ian Garrett Alex 56mins easy last 12 mins start 4x15 second mile pace strides
2min jog recovery

Jason 40-39 Evan 43-42 20mins 4x200 130 jog recovery min recovery

Isaac, Jacob, Billy Yalmaz, Brendan, Grayson
Owen R Ryan V Nic , Tucker, Jack T , Dylan L, Liam 32mins easy

Ryan S 2x12mins 3min walk

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, Luke Jake 50min recovery

Jason - Half marathon

Gabe Evan 40mins recovery

Foster Ian Dylan P, Garrett Alex, Grayson 30min recovery

Owen R, Ryan V, Brendan, Nic, Isaac, Jacob, Billy, Yalmaz, Tucker Liam, Dylan L, Jack T
25min recovery

Ryan S, 7min 2min walk x3

Sunday

everyone off or move your saturday run to here