



June 20 - 26

**Monday 8:30 freshmen campus track
3 cycles lifts first – 2 cycles freshmen**

running to nature center and hill loops

Jake 630 Luke 645 Gabe 700 Logan 630 Grayson 700 Nic 700 Jason 630 5x hill loops and then jog 20mins then 2 mile threshold at slow threshold times finish on the track

Evan, Aidan, Garrett, Dylan, Cole 5x hill loops back to school but take new holland to 36th back

Cam, Carter Logan, Noah, Jeff Ryan, Isaiah, Seth, Noah 2-4 hill loops and back to school

Jaben 8min wu 1.5 miles at 600 3mins standing rest 2miles at 555-545

If you can't make it run 25-50mins easy depending who you are ask

Tuesday - on your own leg swings before after it'll be hot run early

Jake Luke Gabe Logan Grayson Nic Jason 45-55mins easy

Evan you can bump up if you want, Aidan, Garrett, Dylan, Cole 34-44 mins easy

Cam, Carter Logan, Noah, Jeff Ryan, Isaiah, Seth, Noah 25-32mins easy

Wednesday -DRILLS first

running to water tower hill and doing 6x sprints

Jake Luke Gabe Logan Grayson Nic Jason jog for 20mins easy back at track 5x200 at mile pace 200m jog recovery

Evan, Aidan, Garrett, Dylan, Cole 10mins easy back to track 4x200 at mile pace 200m jog recovery

Cam, Carter Logan, Noah, Jeff Ryan, Isaiah, Seth, Noah back to track and 4x200 at mile pace 200m jog recovery

If you can't make it run 25-50mins easy depending who you are ask

Thursday on your own leg swings before after

Jake Luke Gabe Logan Grayson Nic Jason 45-55mins easy

Evan you can bump up if you want, Aidan, Garrett, Dylan, Cole 34-44 mins easy

Cam, Carter Logan, Noah B, Jeff Ryan, Isaiah, Seth, Noah J 25-32mins easy

Friday 8:30 freshmen campus track .. go lift and then run to hughes park

Jake 650 Luke 650 Gabe 700 Grayson 700 Nic 700 Jason 630 Logan 640
2/2/2 start 20 seconds slower then your time on first rep and then 10 seconds faster on
second rep and then third 2mile rep is above time.. 9 miles in total so cool down to get 9 miles

Evan 710 Garrett 650 Dylan P 715 Cole 725 2miles 3min break 2 miles .. cool down so you can
get 7 miles total

Cam 750 Carter 745 Logan 735 Noah B 730 Jeff 750 Ryan 735 Isaiah 735 Seth 750 Noah B
750 2 miles 3 min break

Saturday leg swings before after

Logan Grayson Nic Jason 55-65mins easy

Evan you can bump up if you want, Aidan, Garrett, Dylan, Cole 40-52 mins easy

Cam, Carter Logan, Noah, Jeff Ryan, Isaiah, Seth, Noah 25-36mins easy

Sunday - off