



Max sprints are 6 second sprints with 2min recovery 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

Monday after do 10x hurdle forward and backward leg hurdle swings 40x quick hops (like youre doing an invisible jump rope but quicker) and repeat 10x forward and backward hurdle swings

Ryan S- 3x max sprint 6mins with 2min walk x4 after 3x20 second stride walk back recovery

Brett 4x max sprint 15mins easy

Noah, Seth, Quinn, Aaron, Franklin, Billy, Ryan VD, Chris, Lorenzo, Caden, Malachi, Jude, Brady, Liam, Brendan
4x max sprints 28mins 6x15second mile pace strides with 1min jog recovery

Alex ,Grayson, Evan, Foster, Owen 4x max sprint 32mins easy then 4x15sec mile pace strides with 1min jog recovery

Tyler, Kyle, Jack K, Elijah, Logan Jack L 4x max sprint 38mins 4x15 mile pace strides 1min jog recovery

Jake, Luke, Gabe, Jaben, Jason 4x max sprints 38mins run then 4x15 sec mile pace strides with 1min jog recovery

Tuesday ON YOUR OWN

Drills first

Brett find a hill near your house that's steep and up about 6x10 seconds all out and 4-5min recovery if no hill then

Ryan S- 5min with 1min walk x6

Seth, Quinn, Aaron,, Chris, Lorenzo, Caden, Jude,
40mins 3x15second sprint with walk back recovery

Noah, Franklin, Billy, Jacob, Ryan VD, Malachi Brady Liam, Brendan, Foster
48mins easy 3x15 second sprint with walk back recovery

You guys doing threshold if you guys meet somewhere to do this you can also after you do your easy part don't go right into the threshold give your self some time to gear up go bathroom what not and get after it but be conservative at first id rather the first mile slow then fast, and don't go crazy on the last mile just get it done.. don't go fast you'll have time to go fast on friday

Alex 720-730 pace ,Grayson 755-745, Owen 730-720, Evan 740-730

36mins easy then 3miles at threshold 3x15 second sprint walk back recovery

Tyler, 650-640 Kyle 650-640, Jack K 640-630, Elijah 650-640, Logan 640-630 Jack L 640-630
44mins easy then 3 miles at threshold 3x15 second sprint walk back recovery

Jake 650-640 , Luke 650-640, Gabe 730-720, Jaben 640-630, Jason 655-645 4x max sprints
48mins 4miles at threshold then 3x15 second sprint walk back recovery

Wednesday - FIRST DAY OF PRACTICE AT SANCTUARY 830

recovery leg swings before after back routine

hurdle swings pendulum clock, side plank LR, reverse dead bug LR, pendulum clock

Ryan S 3min run 1walk x7

Brett 20min recovery

Seth, Aaron, Chris, Lorenzo Caden, 28mins recovery

Billy, Jacob, Ryan VD 36mins

Noah, Franklin, Foster, Alex, Malachi, Liam, 40min recovery

Evan Grayson Owen Brady 40 minutes recovery

Kyle, Jack K, Tyler , Logan, Elijah Jack L 40mins recovery

Jake, Luke, Gabe, Jaben 50mins recovery

Thursday- official practice bounds up hills after strides

Ryan S- 3x max sprint 6mins with 2min walk x4 after 3x20 second stride walk back recovery

Brett 4x max sprint 15mins easy

Noah, Seth, Quinn, Aaron, Franklin, Billy, Ryan VD, Chris, Lorenzo, Caden, Malachi, Jude,
Brady, Liam, Brendan
4x max sprints 28mins 6x15second mile pace strides with 1min jog recovery

Alex ,Grayson, Evan, Foster, Owen 4x max sprint 32mins easy then 4x15sec mile pace strides
with 1min jog recovery

Tyler, Kyle, Jack K, Elijah, Logan Jack L 4x max sprint 38mins 4x15 mile pace strides 1min jog
recovery

Jake, Luke, Gabe, Jaben, Jason 4x max sprints 38mins run then 4x15 sec mile pace strides
with 1min jog recovery

Friday- official practice
drills first meet at church 830am
nature center bring water bottle to hill

It'll be a workout on nature center course 1000s and 800s
other guys will have hill loops

Saturday-

recovery leg swings before after back routine
hurdle swings pendulum clock, side plank LR, reverse dead bug LR, pendulum clock

Ryan S 3min run 1walk x7

Brett off

Seth, Aaron, Chris, Lorenzo Caden, 28mins recovery

Billy, Jacob, Ryan VD 36mins

Noah, Franklin, Foster, Alex, Malachi, Liam, 40min recovery

Evan Grayson Owen Brady 40 minutes recovery

Kyle, Jack K, Tyler , Logan, Elijah Jack L 40mins recovery

Jake, Luke, Gabe, Jaben 50mins recovery

Sunday

everyone off or move your saturday run to here