**Monday:**

**Middle Distance Workout Plan**

* 10 minute WU
* 4 x 100m striders
* 2 - 5 x (400m, 200m, 200m at R pace followed by 800m at I pace).
* Rest interval is equal to the interval distance for R pace and half for I pace.
* 1:30 rest between each set.
* 10 minute CD

**Distance Workout Plan**

* 10 minute WU
* 4 x 100m striders
* 2 - 5 x (400m, 200m, 200m at R pace followed by 800m at I pace).
* Rest interval is equal to the interval distance for R pace and half for I pace.
* 1:30 rest between each set.
* 10 minute CD

**Sprinters Workout Plan**

* 800m – 1600m WU (100 hard/100 walk – Increase intensity of 100m hard effort for each one.)
* Drills (Leg Swings, Knee to Chest, Lunges, High Knees, Butt Kicks, Carioca, A Skips, B Skips…)

**Short Sprints**

* 3 x 300 meter: at 400m race pace; rest 5:00-10:00
* 3 x 150 meter: 70%; rest 1:00
* 3 x 100 meter: 90%; rest 3:00-5:00
* 4 x 40 meter: quick; rest 30s
* 800m cooldown

**Long Sprints**

* 3 x 600 meter: 75-85%, rest 5:00-10:00
* 3 x 300 meter: 70%; rest 1:00.
* 3 x 200 meter: 90%; rest 3:00-5:00.
* 4 x 40 Meter: Quick; rest 30s.
* 800m cooldown

**Body Weight Exercises:** (Push-ups, burpees, planks, sit-ups, etc…)

**Tuesday:**

**Middle Distance Workout Plan**

* 4 – 7 mile easy run (Include 10 minutes of moderate tempo).
* 10 x hill behind school.
* Weight room if there is time.

**Distance Workout Plan**

* 5 – 8 mile easy run (Include 10 minutes of moderate tempo).
* 10 x hill behind school.
* Weight room if there is time.

**Sprinters Workout Plan**

* 800m – 1600m WU (100 hard/100 walk – Increase intensity of 100m hard effort for each one.)
* Drills (Leg Swings, Knee to Chest, Lunges, High Knees, Butt Kicks, Carioca, A Skips, B Skips…)

**Short Sprints**

* 4 X 200 at 85-90%; rest 5:00 (Run each rep at the same time)
* 4 X 40 meter: Speed 90% max; rest 1:00
* 800m cooldown

**Long Sprints**

* 4 x 300m:
  + First 50m at 90-95%
  + Coast next 150m at 60-70%
  + Increase effort to 90% for next 50m
  + Coast last 50m
  + Rest 5:00 after each rep.
* 4 x 40 meter: Speed 90% max; rest 1:00.
* 800m cooldown/Weight room

**Stretching/Weight Room:**

**Wednesday:**

**Middle Distance Workout Plan**

* 10 minute WU
* 4 x 100m striders
* 4 x 100m striders
* 1-2 x 600m at R Pace w/600m jog.
* 2-3 x 400m at R Pace w/400m jog.
* 2-4 x 300m at R Pace w/300m jog
* 2-4 x 200m at F Pace w/200m jog.
* 10 minute CD

**Distance Workout Plan**

* 10 minute WU
* 4 x 100m striders
* 2-3 x 1000m at I pace w/2 min. jog.
* 2-4 x 400m at R pace w/400m jog
* 2-4 x 200m at R pace w/200m jog
* 10 minute CD

**Sprinters Workout Plan**

* 800m – 1600m WU (100 hard/100 walk – Increase intensity of 100m hard effort for each one.)
* Drills (Leg Swings, Knee to Chest, Lunges, High Knees, Butt Kicks, Carioca, A Skips, B Skips…)

**Short Sprints**

* 10 x 100 meter: 70 - 80% effort; rest 2:00 - 3:00.
* 4 x 150 meter Long Hills: Slow run; rest is slow jog back.
* 800m cooldown

**Long Sprints**

* 10 x 200 meter: 70 - 80% effort; rest 2:00 - 3:00.
* 4 x 150 meter Long Hills: Slow run; rest is slow jog back.
* 800m cooldown

**Body Weight Exercises:** (Push-ups, burpees, planks, sit-ups, etc…)

**Thursday:**

**Middle Distance Workout Plan**

* 5 – 7 mile easy run
* Strider drills.

**Distance Workout Plan**

* 6 – 9 mile easy run
* Strider drills.

**Sprinters Workout Plan**

* 800m – 1600m WU (100 hard/100 walk – Increase intensity of 100m hard effort for each one.)
* Drills (Leg Swings, Knee to Chest, Lunges, High Knees, Butt Kicks, Carioca, A Skips, B Skips…)

**Short Sprints**

* Ladder: (400m – 200m – 100m – 200m – 400m); rest 5:00 after each rep.
* 3 X 100m Striders.
* 800m cooldown

**Long Sprints**

* Ladder: (600m – 400m – 200m – 400m – 600m); rest 5:00 after each rep.
* 6 X 100m Striders.
* 800m cooldown/Weight room

**Stretching/Weight Room:**

**Friday:**

**Middle Distance Workout Plan**

* 2 - 3 mile easy.
* 4 x 100m striders
* Tabata Training (8 x 20s hard/10s rest).
* 2 - 3 mile easy.

**Distance Workout Plan**

* 2 - 3 mile easy.
* 4 x 100m striders
* Tabata Training (8 x 20s hard/10s rest).
* 2 - 3 mile easy.

**Sprinters Workout Plan**

* 800m – 1600m WU (100 hard/100 walk – Increase intensity of 100m hard effort for each one.)
* Drills (Leg Swings, Knee to Chest, Lunges, High Knees, Butt Kicks, Carioca, A Skips, B Skips…)

**Short Sprints**

* 10 x 100 meter at 70 – 80%; rest 3:00 – 5:00.
* 4 x 40 meter fliers.
* 400 meter to 1600 meter relay hand offs
* Starts
* 400m cooldown

**Long Sprints**

* 10 x 200 meter 70-80%; rest 3:00 – 5:00
* 4 x 40 meter fliers.
* 400 meter to 1600 meter relay hand offs.
* Starts
* 400m cooldown

**Stretching/Flexibility Drills:**

**Saturday:**

**Middle Distance Workout Plan**

* 0:50 – 1:00 w/10 x 20s pick-ups about midway through run w/equal rest.
* Strider drills.

**Distance Workout Plan**

* 1:00 – 1:20 w/10 x 30s pick-ups about midway through run w/equal rest.
* Strider drills.

**Sprinters Workout Plan**

* 1 – 3 mile run with 4 – 6 fliers at the end.

**Stretching/Body Weight Exercises/Plyometric drills:**

**Sunday:**

**Middle Distance Workout Plan**

* Go to gym lift and ride bike or some other form of cross training.

**Distance Workout Plan**

* Go to gym lift and ride bike or some other form of cross training.

**Sprinters Workout Plan**

* Go to gym lift and ride bike

**Stretching:**