

MADISON HS	COVID-19 Season Adjustment	
20-Apr	Tyson Drill (25 minutes)	Core 10 min
21-Apr	40 min moderate- 6x 30-60-90	Bens Static Stetching
22-Apr	3x1K @ Race Pace 3 min active rest, 3x400 @ 800 pace- 2min active rest	
23-Apr	45 minute easy recovery	75 Push-ups
24-Apr	Tempo 3 Laps @ Fernhill- 4x200 (sub 30s)	8 minutes of abs
25-Apr	65 minute run easy- Find a trail make it hilly	Bens Static Stetching
26-Apr	OFF/Cross Train	
27-Apr	Florida Mile (go back up to the mile)	
28-Apr	45 minute moderate run (4-6)x100m strides	Bens Static Stetching
29-Apr	600, 400, 3x200	
30-Apr	35 minute moderate run (4-6)x100m strides	S & C Circuit (4 sets)
1-May	Time Trail 3K or 1500 depending on your speciality	Bens Static Stetching
2-May	55 minute flat and fast	6 minutes of abs with 75 pushups
3-May	OFF/Cross Train	
4-May	2x1K Breakdowns (500,300,200) 2min between repeats, 5 min between sets	S & C Circuit (4 sets)
5-May	40 min moderate- 6x 30-60-90	Bens Static Stetching
6-May	5x600 @ 1500 pace- 3 min recovery	
7-May	45 minute easy recovery	10 minutes of abs with 75 pushups
8-May	3x800 @ 3K pace, 4x300 @ 800 pace	Tyson Yoga
9-May	60 minute LSD	Bens Static Stetching
10-May	OFF	8 minutes of abs with 75 pushups
11-May	10x200 @1500 Race Pace- 200 recovery	Bens Static Stetching
12-May	35 min easy recovery	6 minutes of abs with 75 pushups
13-May	800 Time Trial	Tyson Yoga
14-May	45 minute moderate run w/ (4) 150/250s	S & C Circuit (4 sets)
15-May	16x100 on the corners (100 recovery, hit the next corner)	
16-May	45 min easy	Oregon Leg Drills
17-May	OFF	
18-May	35 minute moderate	4 min of light core work
19-May	20min run, 4x300, 15 minute cool down	Bens Static Streching
20-May	35 minute easy 3x200	Tyson Yoga
21-May	30 minute easy 2x150/250	Bens Static Streching
22-May	800/1500/3K time Trial (District Race) Pick one.	

	AFTER THE 24th OF MAY 2 WEEKS OFF. ALLOW THE BODY TO RECOVER	
	GOOD OPPORTUNITY FOR CROSS TRAINING. WE WILL PICK BACK UP JUNE 7th	
	<i>S & C Circuit 30" on, 15" off :</i> Squats, Lunges, Front Plank, Push Ups, Calf Raises, Crunches, Bridges <i>x 3 with 90" recovery between sets.</i>	