

MADISON HS	Aug-20	
17-Aug	EASY 35min.	
18-Aug	25 minutes of tempo- route must have at least one hill	
19-Aug	40 minute easy recovery-S & C Circuit	
20-Aug	4xMile with 4 minutes recovery (track or road)	
21-Aug	40 min moderate- 4x 30-60-90s	
22-Aug	65-75 minute run Flat and upbeat should be your fastest long run to date	
23-Aug	OFF	
24-Aug	3x400/3x800/3x200 120 secs of rest	
25-Aug	40-45 min moderate	
26-Aug	25 minutes of the Tyson Drill	
27-Aug	40 minute easy recovery-S & C Circuit	
28-Aug	(2,4,8,4,2 ladder)X3 with 90 seconds of recovery and a lap between each set	
29-Aug	70 minute run easy find a trail.2x10 minute pick up in middle Bens Static Streching	
30-Aug	OFF	
31-Aug	Moderate 40min. 6x100 strides w/ a stretch	
1-Sep	Partner Workout Day: 10x300 (partner has to jog backwards 100m to reach partner)	
2-Sep	45 minutes easy S & C Circuit (4 Sets)	
3-Sep	3K Time Trial on the track. Email Ryan your results.	
4-Sep	35 minutes easy S & C Circuit (4 Sets)	
5-Sep	65 min HILLY long run with (5) 3 minute surges	
6-Sep	OFF	
7-Sep	EASY 40 min. 100 pushups, core, stretch.	
8-Sep	Florida Mile (1600,1200,800,400,1600) Rest @ 3min	
9-Sep	Moderate 40min.	
10-Sep	6x1K @ Glenhaven or Fernhill. Rest @ 3 min	
	No workouts with coaches- all is solo until we hear from the district. First 5K Time trial will be on September 17th.	<p><u>S &amp; C</u>  <u>Circuit</u> 30  " on, 15"  off :  Squats,  Lunges,  Front  Plank,  Push Ups,  Calf  Raises,  Crunches,  Bridges</p> <p>x 3 with  90"  recovery  between  sets.</p>

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