

MADISON HS	January 21- COVID	
11-Jan	40 min moderate- 4x 30-60-90	75 Push-ups
12-Jan	Warmup/25 minute Tempo/Cool Down7-10min	8 minutes of abs
13-Jan	45 minute easy recovery	HURDLES
14-Jan	Warmup/90 sec HARD/ 90 sec EASY (X8)/Cool Down	
15-Jan	35 minute easy recovery (4) 150/250s	Strength & Conditioning Circuit
16-Jan	65 minute run easy- Find a trail make it hilly	Bens Static Stetching
17-Jan	OFF/Cross Train	
18-Jan	45 minute moderate run (4-6)x100m strides	S & C Circuit (4 sets)
19-Jan	Partner Workout Day: 12X400 relay style	Bens Static Stetching
20-Jan	30 minute easy run	6 minutes of abs with 75 pushups
21-Jan	Fartlek: 1 min EASY/1 min MOD/1 min HARD X12	HURDLES
22-Jan	30 minute easy recovery	S & C Circuit (4 sets)
23-Jan	75 minute run easy find a trail	Bens Static Stetching
24-Jan	OFF	
25-Jan	5 min pickup/5 min easy X3= 30 minutes total	6 minutes of abs with 75 pushups
26-Jan	45 minutes easy	S & C Circuit (4 Sets)
27-Jan	15 minutes easy/15 minute hard/10 min mod.	Bens Static Stetching
28-Jan	45 minutes moderate w/ (6) 30/60/90s	8 minutes of abs with 75 pushups
29-Jan	Track Work: 5x1000m with 3 min rest. Hurdles after.	HURDLES
30-Jan	1HR long run with (5) 3 minute surges	6 minutes of abs with 75 pushups
31-Jan	OFF	
1-Feb	Tempo Loop + 5 x 400 with 200m jog recovery	S & C Circuit (4 sets)
2-Feb	OFF BE WITH FAM. OR LIGHT JOG	Bens Static Stretching
3-Feb	45 minute moderate run w/ (4) 150/250s	Oregon Leg Drills
4-Feb	10 x 300 relay style, hurdles and strech	HURDLES
5-Feb	35 min easy	10 minutes of abs with 100 pushups
6-Feb	80 minute LSD- on a trail	Bens Static Streching
7-Feb	OFF	
8-Feb	45 minute moderate run	8 minutes of core
9-Feb	14x1 minute Hill Repeats w/ 2minute recovery	HURDLES
10-Feb	35 minute easy run 5x100m strides	S&C Circuit 6 sets
11-Feb	7xStadiums Loops	1 minute of core in between each set
12-Feb	40 min recovery pace up Powell Butte	

13-Feb	60 minute long run "tempo"	Tyson Yoga
		<u>S & C Circuit</u> 30" on, 15" off : Squats, Lunges, Front Plank, Push Ups, Calf Raises, Crunches, Bridges x 3 with 90" recovery between sets.