

MADISON HS	June PHASE I	
13-Jun	50 min LSD Bens Static Streching	
14-Jun	OFF	
15-Jun	40 min moderate- 4x 30-60-90s	
16-Jun	Warmup/25 minute Tempo/Cool Down Then 4x400m	
17-Jun	35 minute easy recovery	
18-Jun	12x1 min hill repeats then 15 minute cool down	
19-Jun	25 minute easy recovery Strength & Conditioning Circuit	
20-Jun	55-60 minute run easy- Find a trail w/ hills Bens Static Streching	
21-Jun	OFF	
22-Jun	OFF	
23-Jun	Warmup/90 sec HARD/ 90 sec EASY (X10)/Cool Down	
24-Jun	40 minute easy recovery-S & C Circuit	
25-Jun	Partner Workout Day: 12X400 relay style	
26-Jun	45 minute moderate run w/ hurdles and 5 minutes of core	
27-Jun	70 minute run easy find a trail. Bens Static Streching	
28-Jun	OFF	
29-Jun	35 minutes easy S & C Circuit (4 Sets)	
30-Jun	5 min pickup/5 min easy X4= 40 minutes total	
1-Jul	35 minutes easy S & C Circuit (4 Sets)	
2-Jul	Fartlek: Jog corners, 3k pace straights 20 minutes- hurdle flexibility	
3-Jul	45 minutes moderate	
4-Jul	1HR HILLY long run with (5) 3 minute surges	
5-Jul	OFF	
6-Jul	EASY 35min.	
7-Jul	XC WORKOUTS (HOPEFULLY) START COME HEALTHY AND FIT	
	XC WORKOUTS (HOPEFULLY) START July 6th. Every TUES/THURSDAY 4:30 -6PM @ Fernhill Track!	<p><u>S &amp; C</u> <u>Circuit 30</u> " on, 15" off :</p> <p>Squats, Lunges, Front Plank, Push Ups, Calf Raises, Crunches, Bridges</p> <p>x 3 with 90" recovery between sets.</p>