Distance Workouts: 12/21-1/3

Mon Tues Wed Thurs Fri Sat

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| -10 minute run  -Drills  -2 striders  -2 mile tempo on track  -All out 300  -4 striders  -extendedDrills  -2 mile cool-down  -Static Stretch | -Drills (short)  -4 striders  -30 minute run @ Low End LT pace  -6 x 100 striders  -Drills (extended)  -5 minute cool-down  -static Stretch | -10 minute warm-up  -Drills (Extended)  -2 striders  -5 x 600 @ pace with 1:00 minute jog recovery  -All out 300  -4 striders  -Drills  -1 mile cool-down  -Static Stretch | -Drills (short)  -4 striders  -30 minute run @ recovery pace,  -10 x 100 sprints @ 13-14 seconds, walk recovery  -Drills  -5 minute cool down  -Static Stretch | OFF | 60 minute Long Run |
| Burdette Meet  Or Tempo on Own | Drills  -4 striders  -40 minute run @ Low End LT pace  -6 x 100 striders  -Drills (extended)  -10 minute cool-stretch | Drills (short)  -4 striders  -30 minute run @ recovery pace,  -10 x 100 sprints @ 13-14 seconds, walk recovery  -Drills  -5 minute cool down  -Static Stretch | -10 minute warm-up  -Drills  -2 striders  -10 x lightposts starting at stop sign (non-stop)  -4 striders  -drills  -10 minute cool-down  -stretch | 30 minute recovery run  4-6 striders | Boys Meet  Or 50-60 minute long run |