Distance Workouts: 12/21-1/3

 Mon Tues Wed Thurs Fri Sat

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| -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 MeetOr 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 run4-6 striders | Boys MeetOr 50-60 minute long run |