

# WEEKLY PLANNER

WEEK:

7/4

7/5

7/6

7/7

7/8

MON.	TUES.	WEDS.	THURS.	FRI.
<p><u>Distance</u> - Long slow Distance 6 miles on soft surface</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - Warm up 3 x 200 m @ 70% 3 x 100 m @ 70% 1 x 400 m @ 70% Cool Down (2 min) AB Routine Stretch</p>	<p><u>Distance</u> - Warm up 5 x 800 m @ 75% (3 min.)</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - Warm up 4 x 300 m @ 80% (4 min)</p> <p>Cool Down AB Routine Stretch</p>	<p><u>Distance</u> - Warm up 5 Circuits @ 75%</p> <p>1 Sprint up hill @ 200m Jack 2 Stride Down Hill @ 20 Crunches 3 300m @ 75% 4 20 Push ups 5 Bleachers @ Zig, Student Rky &amp; Stretch</p> <p><u>SPRINTERS</u> - Warm up 5 Circuits @ 75%</p> <p>Same as Distance</p>	<p><u>Distance</u> - Warm up 6 x 100m @ 85% (4 min)</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - Warm up 6 x 50m @ 85% (4 min)</p> <p>Cool Down AB Routine Stretch</p>	<p><u>Distance</u> - Warm up 2 x 600 @ 70% 2 x 800 @ 70% (2 min)</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - Warm up 4 x 150m @ 75% (2 min)</p> <p>Cool Down AB Routine Stretch</p>

# WEEKLY PLANNER

WEEK:

7/11

7/12

7/13

7/14

7/15

MON.	TUES.	WEDS.	THURS.	FRI.
<p>Distance - Warm up Long slow Distance 6 miles on soft surface</p> <p>Cool Down AB Routine stretch</p> <p>SPRINTERS - Warm up</p> <p>10 x 200m @ 70% (60sec)</p> <p>Cool Down AB Routine stretch</p>	<p>Distance Warm up 3 x 1600m @ 80% (5 min)</p> <p>Cool Down AB Routine stretch</p> <p>SPRINTERS - Warm up</p> <p>7 x 110m @ 80% (3 min)</p> <p>Cool Down AB Routine stretch</p>	<p>Distance Warm up 5 Circuits @ 75%</p> <p>Cool Down AB Routine stretch</p> <p>SPRINTERS - Warm up</p> <p>5 Circuits @ 75%</p> <p>Cool Down AB Routine stretch</p>	<p>Distance Warm up 8 x 50m @ 85% (1 min)</p> <p>Cool Down AB Routine stretch</p> <p>SPRINTERS - Warm up</p> <p>Progressions <del>Repetitions</del> x 5 1st 20m - 70% 2nd 20m - 80% 3rd 20m - 90% 4th 20m - 100% Cool Down AB Routine stretch</p>	<p>Distance Warm up 5 x 400m @ 90% (6 min)</p> <p>Cool Down AB Routine stretch</p> <p>SPRINTERS - Warm up</p> <p>4 x 400m @ 85% (6 min)</p> <p>Cool Down AB Routine stretch</p>

# WEEKLY PLANNER

WEEK:

7/18      7/19      7/20      7/21      7/22

MON.	TUES.	WEDS.	THURS.	FRI.
<p>Distance - warm up 5 x 800 m @ 80% (4 min)</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - warm up Progressions 200 m x 6 1st 200 - 95% (4 min) 2nd 200 - 60%</p> <p>Cool Down AB Routine Stretch</p>	<p>Distance - Warm up Long slow distance 7 mi. 5 x 50 m @ 80% (60 sec)</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - warm up</p> <p>3 x 200 @ 70% (60 sec)</p> <p>Cool Down AB Routine Stretch</p>	<p>Distance - Warm up 6 Circuits @ 75%</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - warm up</p> <p>6 Circuits @ 75%</p> <p>Cool Down AB Routine Stretch</p>	<p>Distance - Warm up 3 x 1000 m @ 80% (4 min)</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - warm up</p> <p>Reverse Progressions 200 m x 6 1st 200 - 60% (4 min) 2nd 200 - 95%</p> <p>Cool Down AB Routine Stretch</p>	<p>Distance - Warm up 6 x 200 m @ 85% (2 min)</p> <p>Cool Down AB Routine Stretch</p> <p><u>SPRINTERS</u> - warm up</p> <p>4 x 400 m @ 75% (3 min)</p> <p>Cool Down AB Routine Stretch</p>

# WEEKLY PLANNER

WEEK:

7/25      7/26      7/27      7/28      7/29

MON.	TUES.	WEDS.	THURS.	FRI.
<u>Distance -</u> Cool Down AB Routine stretch SPRINTERS -	<u>Distance -</u> Cool Down NO Routine stretch SPRINTERS -	<u>Distance -</u> week off - * Skill <u>Do</u>	<u>Distance</u> AB Routine + stretch * Cool Down NO Routine stretch SPRINTERS -	<u>Distance -</u> Cool Down NO Routine stretch * SPRINTERS -
Cool Down AB Routine stretch	Cool Down NO Routine stretch SPRINTERS -	Cool Down NO Routine stretch SPRINTERS -	Cool Down NO Routine stretch SPRINTERS -	Cool Down NO Routine stretch