

WEEKLY PLANNER

WEEK: JULY 2-6

MON.	TUES.	WEDS.	THURS.	FRI.
<p>DISTANCE- LONG SLOW DISTANCE 6MILES ON SOFT SURFACE @ 70%</p> <p>COOL DOWN RECOVERY STRETCH</p>	<p>DISTANCE- 5x800M @ 75% (3MIN REST)</p>	<p>DISTANCE- CIRCUIT RUN x 5 @ 75%</p>	<p>DISTANCE- 6x100M @ 85% (4MIN REST)</p>	<p>DISTANCE- 2x600M @ 70% 2x800M @ 70% (2MIN REST)</p>
<p>SPRINTERS- 3x200M @ 70% 3x100M @ 70% 1x400M @ 70%</p> <p>COOL DOWN RECOVERY STRETCH</p>	<p>SPRINTERS- 4x300M @ 80% (4 MIN REST)</p>	<p>SPRINTERS- 5 CIRCUITS @ 75%</p>	<p>SPRINTERS- 6x50M @ 85% (4MIN REST)</p>	<p>SPRINTERS- 4x150M @ 75% (2MIN REST)</p>
<p><u>ALL GROUPS</u> WILL DO A 1/2 MILE <u>WARM-UP</u> @ CONVERSATIONAL PACE. FOLLOWED BY A.I.S. YOU WILL ALSO DO A <u>COOL DOWN</u> (SPRINTERS: 5 MIN. EASY JOG. DISTANCE: 10 MINUTES EASY JOG.)</p>	<p>DO AB ROUTINE MONDAY, WEDNESDAY, AND FRIDAY</p>			

WEEKLY PLANNER

WEEK: JULY 9-13

MON.	TUES.	WEDS.	THURS.	FRI.
<p>DISTANCE-</p> <p>LONG SLOW DISTANCE 6MILES ON SOFT SURFACE @ 70%</p> <p>COOL DOWN RECOVERY STRETCH</p>	<p>DISTANCE-</p> <p>3x1600M @ 80% (5MIN REST)</p>	<p>DISTANCE-</p> <p>CIRCUIT RUN x 5 @ 75%</p>	<p>DISTANCE-</p> <p>8x50M @ 85% (1MIN REST)</p>	<p>DISTANCE-</p> <p>5x400M @ 90% (6MIN)</p>
<p>SPRINTERS-</p> <p>10x200M @70% (60S REST)</p>	<p>SPRINTERS-</p> <p>7x110M @ 80% (3MIN REST)</p>	<p>SPRINTERS-</p> <p>CIRCUIT RUN x 5 @ 75%</p>	<p>SPRINTERS-</p> <p>PROGRESSION X5 100M PROGRESSION 1ST 20M @ 70% 2ND 20M @ 80% 3RD 20M @ 90% LAST 40M 100% (3MIN REST)</p>	<p>SPRINTERS-</p> <p>4x400M @ 85% (6MIN)</p>
<p><u>ALL GROUPS WILL DO A</u> <u>1/2 MILE WARM-UP @</u> CONVERSATIONAL PACE. FOLLOWED BY A.I.S. YOU WILL ALSO DO A <u>COOL DOWN</u> (SPRINTERS: 5 MIN. EASY JOG. DISTANCE: 10 MINUTES EASY JOG.)</p>				

WEEKLY PLANNER

WEEK: JULY 16-20

MON.	TUES.	WEDS.	THURS.	FRI.
DISTANCE- 5x800M @ 80% (4MIN)	DISTANCE- L.S.D- 7 MILES FOLLOWED BY 5x50M @ 80% (80s REST)	DISTANCE- CIRCUIT RUN x 5 @ 75%	DISTANCE- 3X100M @ 80% (4MIN)	DISTANCE- 6X200M @ 85% (2MIN)
SPRINTERS- 400M PROGRESSION x 6 1 ST 200 @ 95% 2 ND 200 @ 60% (6 MIN)	SPRINTERS- 7x200M @ 70% (60s)	SPRINTERS- CIRCUIT RUN x 5 @ 75%	SPRINTERS- 400M PROGRESSION X 6 1 ST 200 @60% 2 ND 200 @ 95% (6MIN)	SPRINTERS- 4X400M @ 75% (3MIN)
<p><u>ALL GROUPS</u> WILL DO A 1/2 MILE <u>WARM-UP</u> @ CONVERSATIONAL PACE. FOLLOWED BY A.I.S. YOU WILL ALSO DO A <u>COOL DOWN</u> (SPRINTERS: 5 MIN. EASY JOG. DISTANCE: 10 MINUTES EASY JOG.)</p>				

WEEKLY PLANNER
WEEK: JULY 30- AUG. 3

MON.	TUES.	WEDS.	THURS.	FRI.
DISTANCE- Do 5x50M @ 80% (80s REST) FOLLOWED BY L.S.D- 7 MILES	DISTANCE- 10x200M @ 75% (60s)	DISTANCE- CIRCUIT RUN x 5 @ 75%	DISTANCE- 6X200M @ 85% (2MIN)	DISTANCE- 3x1600M @ 80% (5MIN REST)
SPRINTERS- 3x200M @ 70% 3x100M @ 70% 1x400M @ 70%	SPRINTERS- 6x50M @ 85% (4MIN REST)	SPRINTERS- CIRCUIT RUN x 5 @ 75%	SPRINTERS- PROGRESSION x5 100M PROGRESSION 1ST 20M @ 70% 2ND 20M @ 80% 3RD 20M @ 90% LAST 40M 100% (3MIN REST)	SPRINTERS- 4x300M @ 80% (4 MIN REST)
<u>ALL GROUPS WILL DO A</u> <u>1/2 MILE WARM-UP @</u> CONVERSATIONAL PACE. FOLLOWED BY A.I.S. YOU WILL ALSO DO A <u>COOL DOWN</u> (SPRINTERS: 5 MIN. EASY JOG. DISTANCE: 10 MINUTES EASY JOG.)				

