

Week Of **Aug 10-12**

Always 5-10 min warm up

Always Stretch!

Always speed drills

Always cool down (10 min jog)

	Workout A	Workout B	Workout C	Other?
Monday				
Tuesday				
Wednesday (8)	Fartlek--30 minutes--3 miles	Fartlek--30 minutes 2 mile+	Fartlek--30 minutes your pace	First day speech, phy/waivers
Thursday (8)	8 400s---M 1:25-1:30 F 1:55-2:00	6 Partner 400s---M 1:40-1:45 F 2:15-2:20	Partner 400s---4 your pace	
Friday (8)	3-7mile run (run 50 min)	3-7mile run (run 50 min)	3-7mile run (run 50 min)	
Weekend	Run on your own with 1 day of rest	Run on your own with 1 day of rest	Run on your own with 1 day of rest	Run on your own with 1 day of rest