

Training Schedule            100m – 200m Spring Break

Monday - 2 LAP WARM UP - 4 x (100m – 100m Sprint 100m jog 100m sprint 100m jog 100m sprints are all out jogs are NOT walking) 8 minutes rest between sets. 800 meter walk/jog - Cool Down

Tuesday - 2 LAP WARM UP - 4 x 200m (sprint 200 take full recovery 10 minutes)  
800 meter walk/jog Cool Down.

Wednesday - 2 LAP WARM UP- 6 x 150 sprint jog back to 150 start – take 3 to 4 minutes between reps -  
10 minute cool down

Thursday – Repeat Tuesday

Friday – OFF

Saturday – Off

Sunday – 20 minute easy jog on your own.

Training Schedule - Spring Break 400m

Monday - 2 x (300-200-100) 2 min rest between sprints 6 to 8 Minutes between sets 800 meter walk/jog - Cool Down

Tuesday - 8 x (150m sprint – walk 250 recovery) 5 min between sets.

Wednesday - Repeat Monday

Thursday – Repeat Tuesday

Friday – Off

Saturday – Off

Sunday – 20 minute easy jog on your own.

Training Schedule - Spring Break 800m

Monday - Girls 50 min E Boys 60 min E + Weights

Tuesday - 1 mile warm up (4 x 600 at pace) 6 minute recovery between reps  
1 mile cool down

Wednesday - Girls 40 min E Boys 60 min E

Thursday - 8 x 200m @ pace with 200m jog recovery between sets as necessary 6 min max.

Friday - Off

Saturday - Girls 30 minutes - Boys 45 minutes E

Sunday - Girls 45 minute - Boys 60 minutes easy jog on your own.

Training Schedule – Spring Break      1600m – 3200m

Monday - Girls 50 min E Boys 60 min E

Tuesday - 1 mile warm up 3 x 800 at pace with 7 minute recovery between sets  
1 mile cool down

Wednesday - Girls 40 min E Boys 50 min E

Thursday – 800m @ pace, 600m @ pace, 400m @ pace, 2 x 200m fast. Full between reps. 1 mile cool down.

Friday – Off

Saturday – Girls 30 minutes – Boys 45 minutes

Sunday – Girls 45 minute - Boys 60 minutes easy jog on your own.