WEEK # 3 WEEK OF March 19 – 24 1600 – 3200 GROUP

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| MONDAY | TUESDAY | WEDNESDAY |
| No Team PracticeAlphabet / Balance / Hip FlexorQuick Warm-upLong, Continuous, CPace run 50 – 60 minutesStridersCore – hip drillsStretch/Refuel | 11:00 AMAlphabet / Balance / Hip FlexorDynamic Warm-up8 x 200 @ goal 1600 pace (200 jog rec.) 5-7 min. recovery4 x 150 @ 400 pace or slightly faster (4 min. jog rec.)CooldownWeight roomStretch/Refuel | No Team PracticeAlphabet / Balance / Hip FlexorQuick Warm-upContinuous, CPace run 30 – 50 minutesStridersCore – ARX sets of 20Stretch/Refuel |
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| THURSDAY | FRIDAY | SATURDAY |
| 9:30 AMAlphabet / Balance / Hip FlexorDynamic Warm-up3 x 800 @ Critical Velocity (200 jog)6 x 30 flys (3 min. recoveries)CooldownBig HurdlesCore – hip drillsStretch/Refuel | 9:30 AMDynamic Warm-up4 x 800 @ VO2max interval pace Equal time recovery jogsCooldownBig HurdlesWeight roomStretch/Refuel | Saturday: No team practice CPace run on own over hilly terrain 30 – 50 min. Stretch/RefuelSunday: NO run ACTIVE recovery (cross train)  + stretch |