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

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| MONDAY | TUESDAY | WEDNESDAY |
| No Team Practice  Alphabet / Balance / Hip Flexor  Quick Warm-up  Long, Continuous, CPace run  50 – 60 minutes  Striders  Core – hip drills  Stretch/Refuel | 11:00 AM  Alphabet / Balance / Hip Flexor  Dynamic Warm-up  8 x 200 @ goal 1600 pace (200 jog rec.)  5-7 min. recovery  4 x 150 @ 400 pace or slightly faster  (4 min. jog rec.)  Cooldown  Weight room  Stretch/Refuel | No Team Practice  Alphabet / Balance / Hip Flexor  Quick Warm-up  Continuous, CPace run  30 – 50 minutes  Striders  Core – ARX sets of 20  Stretch/Refuel |
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| THURSDAY | FRIDAY | SATURDAY |
| 9:30 AM  Alphabet / Balance / Hip Flexor  Dynamic Warm-up  3 x 800 @ Critical Velocity (200 jog)  6 x 30 flys (3 min. recoveries)  Cooldown  Big Hurdles  Core – hip drills  Stretch/Refuel | 9:30 AM  Dynamic Warm-up  4 x 800 @ VO2max interval pace  Equal time recovery jogs  Cooldown  Big Hurdles  Weight room  Stretch/Refuel | Saturday: No team practice  CPace run on own over hilly terrain  30 – 50 min.  Stretch/Refuel  Sunday: NO run  ACTIVE recovery (cross train)  + stretch |