

# THIS WEEK IN DISTANCE RUNNING [all]<sub>16</sub>

**V = 7**

**16 APRIL – 22 APRIL  
COMPETITION**

<b>GENERAL CONDITIONING</b>	<b>16 MON</b>	<b>17 TUE</b>	<b>18 WED</b>	<b>19 THU</b>	<b>20 FRI</b>	<b>21 SAT</b>
	<u>@ WHITAKER – FLATS</u>	<u>@ WHITAKER</u>	<u>@ WHITAKER SPEED - SPIKES</u>	<b>MEET DAY</b>	<u>@ SCHOOL</u>	<b>MEET DAY</b>
<b>GS = GENERAL STRENGTH</b>	5 x [800 – 300] @ [3000m – 800m] 100m rec, 400m set	MB – PARTNER	SHORT RUN	<u>MEET @ SMA vs. BARLOW</u>  @ LEWIS & CLARK COLLEGE	EASY RUN FOR ALL	<u>CENTENNIAL INVITE</u>
<b>HM = HURDLE MOBILITY</b>	HM	DF #1	EXPLOSION PLYOS		GS – BAKER	IF NOT RACING –
<b>DF = DYNAMIC FLEXIBILITY</b>	BALANCE BOARDS & BALLS	RUN	SPEED		MB – CORE	2 SETS [400-300-200] @ 1500m w/ 200 – 200 – 400 rec
<b>MINI BANDS</b>	STAT #3	MINI BANDS	MB – CORE		STAT #1	HM
<b>L&amp;R = LUNGE &amp; REACH</b>		STAT #2	BAL - BOTH			STAT #2
<b>STAT = STATIC FLEXIBILITY</b>	MORN RUN GS – PEDESTAL BAL – BOTH	L&R #1 & #2 GS – PILLAR	<b>LATE START</b>	MORN RUN DF #2		<b>22 SUN</b>
<b>BAL = BALANCE</b>			MILEAGE GS – PEDESTAL L&R #1			MILEAGE
<b>PLYO = PLYOMETRICS</b>						STAT #3
						GS – ST. HELENS
						DF #1 & #2
						L & R #2

**NEXT WEEK [8]**

- MONDAY – @ WHITAKER 3pm**  
                  **INTERVALS (spikes and racing flats)**
- TUESDAY – @ school**
- WEDNESDAY – JV MEET @ WHITAKER (all attend)**
- THURSDAY – @ WHITAKER – plyos and speed**
- FRIDAY – @ JESUIT RELAYS**
- SATURDAY – @ LOWER COLUMBIA INVITE**

**“OUR DOUBTS ARE TRAITORS, AND MAKE US LOSE THE GOOD  
WE OFT MIGHT WIN BY FEARING TO ATTEMPT.”**

**- WILLIAM SHAKESPEARE**