

THIS WEEK IN DISTANCE RUNNING [800 – 1500]₁₅

V = 8

***9 APRIL – 15 APRIL
COMPETITION***

GENERAL CONDITIONING	<u>9 MON</u>	<u>10 TUE</u>	<u>11 WED</u>	<u>12 THU</u>	<u>13 FRI</u>	<u>14 SAT</u>
GS = GENERAL STRENGTH	<i>NO SCHOOL</i>	MB – PARTNER	<i>MEET DAY</i>	<i>STAY @ CC</i>	<i>MEET DAY</i>	LONG RUN
HM = HURDLE MOBILITY	<i>@ WHITAKER – SPIKES</i>	DF #1	<i>MEET @ HRV vs. CENTENNIAL</i>	MB – CORE	<i>IF NOT RACING</i>	GS – BAKER
DF = DYNAMIC FLEXIBILITY	3 x [700 – 300] @ [1500m – all out] 100m rec, 15min set	RUN		RUN	2 SETS [8 x 200m] @ 800m pace 200m rec, 600m set	MB – CORE
MINI BANDS	HM	MINI BANDS		BAL - BOTH	spikes for all	<u>15 SUN</u>
L&R = LUNGE & REACH	BALANCE BOARDS & BALLS	STAT #2		BALANCE BOARDS & BALLS		MILEAGE
STAT = STATIC FLEXIBILITY	STAT #3					STAT #1
BAL = BALANCE	MORN RUN GS – PEDESTAL BAL – BOTH	L&R #1 & #2 GS – PILLAR	MORN RUN DF #2	GS – PEDESTAL L&R #1 ALT. MILEAGE	MORN RUN	GS – ST. HELENS
PLYO = PLYOMETRICS						DF #1 & #2
						L & R #2

NEXT WEEK [7]

- MONDAY – @ WHITAKER 3pm**
 INTERVALS (spikes and racing flats)
- TUESDAY – @ school**
- WEDNESDAY – @ WHITAKER (late start)**
- THURSDAY – MEET @ LEWIS & CLARK**
- FRIDAY – @ school**
- SATURDAY – CENTENNIAL INVITATIONAL**

**“OUR GREATEST GLORY IS NOT IN NEVER FAILING BUT IN
RISING UP EVERY TIME WE FAIL.”**

- RALPH WALDO EMERSON