

Concentrate on FORM today!

- * Warm up drills

- * Hills (find a small-medium hill, nothing huge like the hills at Mission Park)
 - * 5x uphill normal (drive knees and arms)
 - * 5x uphill normal but with NO arms (arms should be behind your back, useless)
 - * 5x uphill backwards
 - * 5x uphill normal

- * Backwards running—3x25m

- * Front foot/toe running—3x25m

- * Infinite high knees—2x10m

- * Infinite butt kicks—2x10m

- * Wall high knees—5x15 sec

- * Core
- * Cool down jog/static stretches

Will need a track!

- * Warm up drills

- * Jog 400/run 300/rest (do these continuous...jog the 400 and then immediately run the 300)
 - Jog 300/run 200/rest
 - Jog 200/run 100/rest
 - Jog 100/run 50/rest
 - Jog 50/run 25/rest

- * Core
- * Cool down jog/static stretches

The Hill to Die On

- * Warm up drills

- * Using the hill at the end of Sullivan Road (it dead ends, park your car along the side of the dirt or gravel at the bottom), try to run from the bottom-ish of the hill to the very top 5x and then run from the bottom-ish of the hill to the middle 5x.

- * Core
- * Static stretches

Broken Day

- * Warm up drills
- * Broken 300's...run 200/rest at the 100m start for 10 seconds/sprint 100m
 - * do this 3 times
- * Broken 200's...run 100/rest at the 100m start for 10 seconds/sprint 100m
 - * do this 3 times
- * Broken 100's...jog 50m/sprint 50m
 - * do this 3 times
- * Jump rope for 10 minutes total (may take short 10 sec breaks!)
- * Core
- * Cool down jog/static stretches

Speed/Distance Day

- * Warm up drills
- * 500 (100m jog build up/run 400m)
- 400 (100m jog build up/run 300m)
- 300 (100m jog build up/run 200m)
- 200 (100m jog build up/run 100m)
- 100 (50m jog build up/run 50m)
- * Speed chutes (MUST do AFTER the first part of the workout, you WANT your legs tired)
3x25m
- * Core
- * Cool down jog/static stretches

Drills for Speed/Form/Posture

- * Warm up drills
- * 2x400m run/jog/run/jog
- * Form drills—2x25m
 - * Build up (slow-medium-fast)
 - * A skips

- * B skips
- * Marching
- * Clapping A skips
- * Straight leg kick-outs
- * Bounds
- * Backwards running
- * No arms
- * No arms 10m/arms 15m
- * Pedal the Bicycle
- * Pushup start/sprint
- * Falling start/sprint
- * Backwards start/sprint
- * Backwards pushup start/sprint

- * 2x400m run/jog/run/jog

- * Core
- * Cool down jog/static stretches

Speed Day

- * Warm up drills

- * 3x
50 (at 50%) - 100 (at 75%) - 200 (run) - 50 (deceleration and walk back to start SLOWLY)

- * Running the curve—3x
 - * start at the 200m mark (in one lane)
 - * sprint/make up the stagger
 - * float—what is this? this means to stay the same—don't get slower but don't speed up a lot
 - * re-accelerate around the curve—think of being shot out of a cannon/sling shot/spring
 - * sprint aggressively
 - * re-accelerate at the 50m mark with aggressive turnover
 - * sprint through the line, slight lean
 - * decelerate 10m after line

- * 200's—3x
 - * falling start - 50m jog - 50m build up - 100m sprint - practice your lean/finish!

- * Speed chutes 3x25m

- * Core
- * Cool down jog/static stretches