

Distance & Jav

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance- 5x400 1x650 30 min. Road Run Jav- Footwork on Track Work on Power Phase 8 Full Throws	Distance- 200 Finishes Surging 20 minute road run Jav- Footwork Power Phase Picks with power phase	Distance- Jog 1 mile w/ increases Handoffs Starts Jav- Medball work	M E E T @ A U R O R A	Run 30-40 Min. N O P R A C T I C E	30-40 min. Tempo Run