

Long Distance & Javelin March 11th-15th

Monday	Tuesday	Wednesday	Thursday	Friday
2x800 2x400 Road Run 40 min. 4x20m Crossovers Hurdle drill with cone	4-6x200 Road Run 40 minutes Full approach on track Javelin drills over the top	Pictures	2x1600 Road run 30 min. 1, 3, 5 step throws	Dirty dozen Road run 4 Full throws with warm up like a track meet