

Mid-Long Distance Workout

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---------------------------------------|--|---|---------------------------------------|
| Cub Warm Up | Purple Warm up | Gold Warm up | Cub Warm up | Cub warm up | |
| Strides Fartlek run Hip Circuit Abs Cool Down | 800, 400, 200 w/ workout x2 Abs Cool down | Set up mats Tempo Run Cool Down | Strides 30, 40, 60 x4 Start/finish Abs Cool down | 1600, 800, 400 400/800 Circuit workout Cool Down | 40 minute run conversation pace |