

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Tempo Run 30 minutes
Long Distance Cadence	5x400 Boys- 65-67	Circuit Abs	3 mile road run Starts	800, 1600, 3200 (2- timed events)	
2x1 mile with 2- 30 sec surges	Girls- 72-74 Hurdles		Hurdles	8 min. Jog	
Ab Circuit	Abs		Ab Circuit	Abs	