

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-up Cubs	Warm-up Gold Warm up	Warm-up Purple Warm-up	Warm Up Cubs Warm Up	Warm up Cubs Warm Up	Road Run
Long Distance Tech	Long Distance Tech	Work out Light circuit	Long Distance Tech	Long Distance Tech	30-45 minutes
Cadence work	Cadence work	Hurdle Walks 6-8 Striders	Cadence work	Cadence Work	
1 Mile Easy pace focusing on Cadence with 2 30 second surges	200-400-800- 800-400-200 (walk ½ each distance in between)	Cool down	3 mile road run	3x1 mile	
Cool Down	Abs	Core Team bonding	Cool Down	5 minute rest between each rep	
Hip Circuit	Cool Down		Core	Cool Down	
Core	Core			Hip Circuit	
				Core	