

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-up Cubs  Long Distance Tech  LJ Loading foot 20-10-10 Push-float-tur n Gallop- reg and high knee 14-16 step  Distance Run to South Park  5-Hill repeats  Cool Down  Hip Circuit  Core	Warm-up Gold Warm up  Long Distance Tech  LJ Review Take-off 6 Step Box Jumps  Distance Jog 1 mile 4x400 8x400 Jog 1 mile  Abs  Cool Down  Core	Warm-up Purple Warm-up Picture Day  Work out Light circuit  Hurdle Walks 6-8 Striders  Cool down  Core Team bonding	Warm Up Cubs Warm Up  Long Distance Tech  LJ Loading foot 20-10-10 Push-float-tur n Gallop-reg and high knee 14-16 step Take off Jumps  Distance 3x1200m  Cool Down  Core	Practice 5:30-7:30	Road Run  30-45 minutes