



Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 3x100m CD		W/U 4x100m CD		W/U 3x200m C/D		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		

Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 2x200m CD		W/U 4x100m CD		W/U 3x200m C/D		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		

Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 3x200m CD		W/U 4x100m CD		W/U 2x400m C/D		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		

Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 4x200m CD		W/U 4x100m CD		W/U 800m CD		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches		
Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 3x600m CD		W/U 5x100m CD		W/U 1x1200m CD		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=30-45sec. CD Walk 2-3min and static stretches		
Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 4x400m CD		W/U 6x100m CD		W/U 2x800m CD		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk -5min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=30-45sec. CD Walk 2-3min and static stretches		
Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 3x600m CD		W/U 4x100m CD		W/U 1mile CD		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches		

Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 2x800m CD		W/U 3x400m CD		W/U 1.25miles CD		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches		
Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 8x100m CD		W/U 4x200m CD		W/U 1.5miles CD		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches		
Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 2x800m CD		W/U 6x200m CD		W/U 1.75miles CD		
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches		
Mon	Tue	Wed	Thur	Fri	Sat	Sun
W/U 3x400m CD		W/U 5x100m CD		W/U CD	RACE DAY!	
W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches		

5k goal Time	5k pace	400m	800m	1000m	
18:36	6min mile	90	180	225	3.75
