

SATURDAY - MARCH 14th			
Warmup:	From 200m mark to 400m and then back x2. Easy pace		
Stretching:	After warmup - dynamic stretching/continuous movement warmups. Do drills to 25 meters. Walk/jog back.		
	2 times	knee raises	
	50m	stride out	this means start slow then build to a sprint by end of 50m
	2x	Butt kicks	
	50m	stride out	
	2x	Toe Walking	
	50m	stride out	
	2x	Knee Hug	
	50m	stride out	
	2x	Lunge Walk	
	50m	stride out	
JUNIOR VARSITY - (JV)			
	RUN/WALK 100m intervals	Repeat 10 times Repeat 10 times	Run for 10 seconds HARD. Then walk for 20 seconds Run medium effort from 200m mark on trail to 300m mark on trail. Walk back to 200m mark and repeat. REST 1 minute
VARSITY SPRINT GROUP			
varsity-200m group	from 300m to 500m and back to 300m	200m intervals x 2	
	4 min		Run these at TARGET. 1:00 minute rest between each one.
	standing rest for 3 minutes. Don't sit down! Get water if needed		
varsity-200m group	from 300m to 400m and back to 300m	100m intervals x 6	
	7 min		Run these at TARGET. 30 seconds rest between each one.
	standing rest for 3 minutes. Don't sit down! Get water if needed		
varsity-200m group	from 300m to 500m and back to 300m	200m intervals x 2	
	4 min		Run these at TARGET. 1:00 minute rest between each one.
	standing rest for 3 minutes. Don't sit down! Get water if needed		
varsity-200m group	from 300m to 400m and back to 300m	100m intervals x 6	
	7 min		Run these at TARGET. 30 seconds rest between each one.
VARSITY LONG DISTANCE GROUP			
		600m/200m compound set (DO FOR a TOTAL of FOUR TIMES)	Run 600m at TARGET, then 15 seconds rest then last 200m HARD at TARGET or faster 4 minutes recovery between each repetition

Varsity SPRINT GROUP TARGETS

First name	Last name	100m	200m
Gundlach	Wes	19	37
Tolentino	Ellie	19	37
Burm	Michaela	20	40
Huening	Ryan	23	47
Koehn,	Ciaran	21	41
O'Donnell	Ronan	20	40
San Roman	Emilie	20	39
Abbasi	Simone	17	33
Braasch	Tommy	19	38
Gavric	Amelia	21	42
Mesch	Mia	19	39
Esquivel,	Ricardo	20	41
Fowler	Jack	19	37
Graham	James	19	37
Huening	Abby	18	36
Longo	Shannon	19	38
O'Donnell	Quinn	19	39
O'Hearn	Jack	17	35
San Roman	Kathryn	17	34
Toledo	Anthony	17	35



First name	Last name
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Conte	Santino
Gaffey	Michael
McKinney	Colin
Glunz	Will
Mackie	Marycait
Majewski	Charles
Nugent	Connolly
Stumm	Joseph
Blanchard	Danny
Convery	Sean
Gundlach	Ellen
Keane	Joseph
Mackin	Courtney
Glunz	Tyler
Klatt	Xavier
Mackie	Morgan
Majewski	Madeline
Newton	Liam
O'Donnell	Owen
Palmerio	Isabella
Uremovic	Kristian
Woodward	Lauren

**VARSITY LONG
DISTANCE GROUP
Targets**

600m	REST 15 seconds	200m	Total 800m time
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02:22	00:15	00:38	03:15
02:44	00:15	00:44	03:42
02:18	00:15	00:34	03:07
02:50	00:15	00:41	03:45
02:26	00:15	00:38	03:19
02:33	00:15	00:42	03:31
02:29	00:15	00:39	03:23
02:47	00:15	00:44	03:46
02:35	00:15	00:45	03:35
02:28	00:15	00:36	03:19
02:16	00:15	00:37	03:08
02:28	00:15	00:39	03:23
02:51	00:15	00:49	03:55
02:40	00:15	00:39	03:34
02:01	00:15	00:30	02:47
02:08	00:15	00:32	02:55
02:20	00:15	00:41	03:15
02:06	00:15	00:30	02:51
02:22	00:15	00:36	03:13
02:23	00:15	00:37	03:15
02:19	00:15	00:36	03:10
02:23	00:15	00:39	03:16