| SUNDAY - MARCH | 15th | | | |
|-------------------|----------------------|------------------------|--------------------------|--|
| Narmup: | | EASY PACE RUN | - 4 minutes | |
| Stretching: | | After warmup - dyn | namic stretching/continu | ious 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 | |
| MAIN HILL WORKOUT | | | | |
| | distance of 150 me | eters. REST 3 minut | tes between each o | n up the Touhy avenue bridge overpass (roughly a 3-4% grade hill) for a ne. The rest time INCLUDES the walk down back to the start! Try to keep ONE A LITTLE SLOWER so you can see how close you are to your target. |
| | | | | |
| | COOL DOWN run of 3 n | ninutes at an easy pac | e! This is important to | do right after the hills |
| | | | | |
| | | | | |

Workout of TEN bridge repeats. The workout is to run up the Touhy avenue bridge overpass (roughly a 3-4% grade hill) for a distance of 150 meters. REST 3 minutes between each one. The rest time INCLUDES the walk down back to the start! Try to keep all hill repeats about the same pace. START THE FIRST ONE A LITTLE SLOWER so you can see how close you are to your target.

| First name | Last name | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 | #9 | #10 |
|----------------|-----------|------|----|----|----|----|----|----|----|----|-----|
| | | . —— | | | | | | | | | |
| Anderson | Kellan | | | | | | | | | | |
| Cantillon | Nate | | | | | | | | | | |
| Castillo, | Chloe | | | | | | | | | | |
| Connelly, | Tess | | | | | | | | | | |
| Connolly, | Marygrace | | | | | | | | | | |
| Divane, | Moira | | | | | | | | | | |
| Hack, | Nora | | | | | | | | | | |
| Herbert, | Christina | | | | | | | | | | |
| Kelley, | Phina | | | | | | | | | | |
| Mackie, | Jamieson | | | | | | | | | | |
| Maher, | Avery | | | | | | | | | | |
| Ocampo, | Alyssa | | | | | | | | | | |
| Quinn, | Annie | | | | | | | | | | |
| Serafin, | Will | | | | | | | | | | |
| Stanton, | Jack | 1 | | | | | | | | | |
| VonBraunsberg, | Tommy | | | | | | | | | | |
| | .1 | , | | 1 | | 1 | 1 | | | 1 | |
| Abbasi | Elise | | | | | | | | | | |
| Briody | Nora | | | | | | | | | | |
| Conte | Santino | | | | | | | | | | |
| Cronin | Megan | | | | | | | | | | |
| Dargis | Brigitta | | | | | | | | | | |
| Fabianski | Judith | | | | | | | | | | |
| Faddis | Michael | | | | | | | | | | |
| Gaffey | Michael | | | | | | | | | | |
| Gundlach | Wes | | | | | | | | | | |
| McKinney | Colin | | | | | | | | | | |
| Tolentino | Ellie | | | | | | | | | | |

Workout of TEN bridge repeats. The workout is to run up the Touhy avenue bridge overpass (roughly a 3-4% grade hill) for a distance of 150 meters. REST 3 minutes between each one. The rest time INCLUDES the walk down back to the start! Try to keep all hill repeats about the same pace. START THE FIRST ONE A LITTLE SLOWER so you can see how close you are to your target.

| First name | Last name | ; | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 | #9 | #10 | TARGET |
|------------|-----------|--------------|----|----|----|----|----|----|----|----|----|-----|--------|
| Burm | Michaela | | | | Ι | Ι | l | Ι | l | | | | 34 |
| Glunz | Will | | | | | | | | | | | | 33 |
| Huening | Ryan | | | | | | | | | | | | 41 |
| Koehn, | Ciaran | | | | | | | | | | | | 35 |
| Mackie | Marycait | | | | | | | | | | | | 33 |
| Majewski | Charles | | | | | | | | | | | | 33 |
| Nugent | Connolly | | | | | | | | | | | | 33 |
| O'Donnell | Ronan | | | | | | | | | | | | 34 |
| Pikarki | William | | | | | | | | | | | | 38 |
| San Roman | Emilie | | | | | | | | | | | | 33 |
| Stumm | Joseph | | | | | | | | | | | | 33 |
| Abb: | e: | . — | | | | | | | 1 | 1 | | | |
| Abbasi | Simone | <u> </u> | | | | | | | | | | | 27 |
| Blanchard | Danny | <u> </u> | | | | | | | | | | | 36 |
| Braasch | Tommy | | | | | | | | | | | | 33 |
| Convery | Sean | | | | | | | | | | | | 29 |
| Gavric | Amelia | <u> </u> | | | | | | | | | | | 36 |
| Gundlach | Ellen | | | | | | | | | | | | 31 |
| Keane | Joseph | | | | | | | | | | | | 31 |
| Mackin | Courtney | | | | | | | | | | | | 37 |
| Mesch | Mia | | | | | | | | | | | | 35 |
| Esquivel, | Ricardo | . — | | | | | | | | | | | 20 |
| | | | | | | | | | | | | | 36 |
| Fowler | Jack | | | | | | | | | | | | 32 |
| Glunz | Tyler | | | | | | | | | | | | 36 |
| Graham | James | | | | | | | | | | | | 32 |
| Huening | Abby | | | | | | | | | | | | 33 |
| Klatt | Xavier | | | | | | | | | | | | 27 |
| Longo | Shannon | | | | | | | | | | | | 34 |
| Mackie | Morgan | | | | | | | | | | | | 28 |
| Majewski | Madeline | | | | | | | | | | | | 30 |
| Newton | Liam | | | | | | | | | | | | 27 |
| O'Donnell | Owen | | | | | | | | | | | | 28 |
| O'Donnell | Quinn | | | | | | | | | | | | 28 |
| O'Hearn | Jack | | | | | | | | | | | | 29 |
| Palmerio | Isabella | | | | | | | | | | | | 29 |
| San Roman | Kathryn | | | | | | | | | | | | 27 |
| Toledo | Anthony | | | | | | | | | | | | 29 |
| Toomey | Ryan | | | | | | | | | | | | |
| Uremovic | Kristian | | | | | | | | | | | | 30 |
| Woodward | Lauren | | | | | | | | | | | | 30 |