

SATURDAY - MARCH 21st

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	Heel Walking	
50m	stride out	
2x	Lunge Walk	
50m	stride out	

VARSITY SPRINT GROUP and Junior			
START at 200m mark	Repeat this ladder TWICE for JV and THREE times for Varsity	Speed ladder 50m – 150m	(50-75-100-125-150-125-100-75-50). These should be at HARD pace, 95% effort I will put 1 foot high mini flags at the 50, 75, 100, 125 and 150 mark on trail. The mini flags will be planted in the dirt off the right side of trail. Walk back to 200m start after finishing the 50, 75 and 100 JOG back to the 200m start after the 125 and 150
Cool down	twice		Run from 200m mark to 400m mark (where the tunnel goes under the path) and back to the 200m

Long Distance group	Russian 200's	COMPLETE SET THREE TIMES	run a hard 200 (between 800m and mile pace), standing rest 30 seconds. Repeat 5 times
		4 minutes rest between each set	
Cool down	twice		Run from 200m mark to 400m mark (where the tunnel goes under the path) and back to the 200m

stretching

**VARSITY LONG
DISTANCE GROUP
Targets**

First name	Last name	200m
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Klatt	Xavier	00:36
Newton	Liam	00:37
Mackie	Morgan	00:37
Gundlach	Ellen	00:40
McKinney	Colin	00:41
Uremovic	Kristian	00:42
Majewski	Madeline	00:42
Conte	Santino	00:42
Palmerio	Isabella	00:42
Woodward	Lauren	00:42
Mackie	Marycait	00:43
Convery	Sean	00:43
Keane	Joseph	00:43
Nugent	Connolly	00:44
Majewski	Charles	00:46
Blanchard	Danny	00:47
Glunz	Tyler	00:48
Gaffey	Michael	00:50
Stumm	Joseph	00:50
Glunz	Will	00:50
Mackin	Courtney	00:51
O'Donnell	Owen	00:42