

FRIDAY - April 10th

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	

Junior Varsity		
	50m SPRINTS	Sprint 50m then rest 10 seconds and then repeat for a total of 8 times
	Get up and Go's	Repeat 10 times
		Start at bottom of ramp. Run HARD up to top of ramp. Rest 10 seconds (count out loud). Then run HARD to 300m mark. Walk back to bottom of hill. As soon as you get to bottom of ramp REPEAT.
	Cool down	twice
		Run from 200m mark to 400m mark (where the tunnel goes under the path) and back to the 200m

Varsity Sprint		
	50m SPRINTS	Sprint 50m then rest 10 seconds and then repeat for a total of 8 times
from 300m to 500m and back to 300m	200m intervals x 2	Run these at TARGET. 1:00 minute rest between each one.
standing rest for 3 minutes. Don't sit down! Get water if needed		
from 300m to 400m and back to 300m	100m intervals x 6	Run these at TARGET. 30 seconds rest between each one.
standing rest for 3 minutes. Don't sit down! Get water if needed		
from 300m to 500m and back to 300m	200m intervals x 2	Run these at TARGET. 1:00 minute rest between each one.
standing rest for 3 minutes. Don't sit down! Get water if needed		
from 300m to 400m and back to 300m	100m intervals x 6	Run these at TARGET. 30 seconds rest between each one.
Cool down		Run EASY pace for 4 minutes

Long Distance group	50m SPRINTS	Sprint 50m then rest 10 seconds and then repeat for a total of 8 times
	400m x 8	1:30 rest in between each 400m interval Keep the first two RIGHT AT or a second or two slower than target. The target pace is meant to be at your goal mile race pace (slightly faster than your current Mile PR)
	Cool down	Run for a 4 minute EASY pace

stretching

First name	Last name		
Varsity SPRINT GROUP TARGETS		100m	200m
Gundlach	Wes	19	38
Tolentino	Ellie	19	39
Burm	Michaela	20	41
Huening	Ryan	23	47
Koehn,	Ciaran	21	43
O'Donnell	Ronan	20	41
San Roman	Emilie	20	39
Abbasi	Simone	17	35
Braasch	Tommy	19	39
Gavric	Amelia	21	43
Mesch	Mia	19	39
Esquivel,	Ricardo	20	41
Fowler	Jack	19	38
Graham	James	19	39
Huening	Abby	18	37
Longo	Shannon	19	39
O'Donnell	Quinn	19	38
O'Hearn	Jack	17	35
San Roman	Kathryn	17	35
Toledo	Anthony	17	36

April 10th

VARSITY LONG

First name	Last name	400m
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Klatt	Xavier	01:13
Newton	Liam	01:15
Mackie	Morgan	01:16
Gundlach	Ellen	01:23
McKinney	Colin	01:23
Uremovic	Kristian	01:26
Majewski	Madeline	01:25
Conte	Santino	01:27
Palmerio	Isabella	01:26
San Roman	Kathryn	01:26
Woodward	Lauren	01:26
Mackie	Marycait	01:26
Convery	Sean	01:29
Keane	Joseph	01:29
Nugent	Connolly	01:31
Majewski	Charles	01:34
Blanchard	Danny	01:35
Glunz	Tyler	01:38
Gaffey	Michael	01:41
Stumm	Joseph	01:42
Glunz	Will	01:43
Mackin	Courtney	01:45
O'Donnell	Owen	01:26