

SATURDAY - April 11th

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	

Long Distance group	50m SPRINTS	Sprint 50m then rest 10 seconds and then repeat for a total of 8 times
	At Mile race pace + 5 seconds	Race pace 1200m then an EASY pace jog for 7 minutes
	Mile race pace - 10 seconds	2x600m with 2 minute recovery between the 600m intervals 2 minute EASY jog
	At Mile race pace + 5 seconds	1000m x2 with 1 minute standing recovery EASY recovery JOG 3 minutes
	Mile race pace - 10 seconds	5x200m with one minute recovery between each one
	Cool down	Run for a 4 minute EASY pace

stretching

April 11th

VARSITY LONG DISTANCE GROUP Targets

First name	Last name	1200m	600m	1000m	200m
------------	-----------	-------	------	-------	------

Klatt	Xavier	03:48	01:41	03:01	00:35
Newton	Liam	03:57	01:46	03:08	00:36
Mackie	Morgan	04:01	01:48	03:11	00:37
Gundlach	Ellen	04:17	01:56	03:25	00:40
McKinney	Colin	04:21	01:58	03:28	00:40
Uremovic	Kristian	04:22	01:59	03:29	00:42
Majewski	Madeline	04:25	02:00	03:31	00:41
Conte	Santino	04:30	02:02	03:36	00:42
Palmerio	Isabella	04:31	02:03	03:36	00:42
San Roman	Kathryn	04:31	02:03	03:36	00:42
Woodward	Lauren	04:31	02:03	03:36	00:42
Mackie	Marycait	04:31	02:03	03:36	00:42
Convery	Sean	04:42	02:08	03:46	00:43
Keane	Joseph	04:42	02:08	03:46	00:43
Nugent	Connolly	04:43	02:09	03:46	00:44
Majewski	Charles	04:51	02:13	03:54	00:46
Blanchard	Danny	04:55	02:15	03:56	00:46
Glunz	Tyler	05:05	02:20	04:05	00:48
Gaffey	Michael	05:13	02:24	04:11	00:49
Stumm	Joseph	05:20	02:28	04:17	00:50
Glunz	Will	05:25	02:30	04:21	00:50
Mackin	Courtney	05:28	02:31	04:24	00:51
O'Donnell	Owen	04:29	02:02	03:35	00:42