

Date	Primary Workout	Complimentary Training
Mon 4/3	AM: 30' + Speed/Plyo PM: 50' End Run	Plyo: Skips, Jumps, Throws (1 set)
Tue 4/4	4x (3:1) @ 5:10 pace + 4x30s @ Mile-800	--
Wed 4/5	50' Rec Run	Could do LIGHT rope stretch
Thu 4/6	Off	--
Fri 4/7	30' E + 100-80-60-40m @ Mile-400m effort	--
Sat 4/8	Arcadia 3200m	--
Sun 4/9	Long Run (80')	Rope Stretch
Mon 4/10	AM: 30' PM: 50' End Run + 4x60m + Plyo Skips	Plyo: Skips, Jumps, Throws
Tue 4/11	4x1mi @ LT + 3x150m @ 400/800	Strength (Zone 1/3)
Wed 4/12	60' Rec Run	Core Circuit
Thu 4/13	50' End + 4x5s HS	--
Fri 4/14	400m Race	Strength (KB/MB @ Track post workout)
Sat 4/15	Long Run @ Vicky	Mobility- Vega + Rope
Sun 4/16	Off	--
Mon 4/17	50' + 5x5s HS (Acceleration)	--
Tue 4/18	KTR + 4x400 (60) 4x300 (43) 4x200 (27)	KB/MB Strength/ Plyo
Wed 4/19	60' Rec Run	Core/Mob
Thu 4/20	1-2x End + 4x60m	Plyo Skips/Jumps
Fri 4/21	6x800 @ 5k ave + 6x200's @ ~1200 ave	Strength
Sat 4/22	Long Run	Rope Stretch/Foam Roll
Sun 4/23	Off	Off
Mon 4/24	AM: 20' Tempo (5:20/mi) PM: 300-250-200-150 @ 800-400	PM: KB/MB
Tue 4/25	60' @ Rec Effort	Rope Stretch, Foam Roll
Wed 4/26	Off	--
Thu 4/27	30' + 100-80-60-40 @ Mile-800-400-100m	--
Fri 4/28	Drake Mile	
Sat 4/29	Long Run	Core/Mob
Sun 4/30	Rec Run	--
Mon 5/1	5x (3:1) @ LT + 5x150m @ 400/800	
Tue 5/2	60' E	
Wed 5/3	Off	--
Thu 5/4	Pre-Meet	--
Fri 5/5	HW Special 800	--
Sat 5/6	HW 1600 / 4x400	--
Sun 5/7	50' Rec Run	Strength (General)
Mon 5/8	80' Long Run	Rope Stretch/ Foam Roll
Tue 5/9	50' End Run + Easy Hill Strides (this is to test out the hamstring)	Plyo (Jumps/Skips)
Wed 5/10	6x1k @ LT/CV (5:00-4:40)	Strength (Injury Resistance/ Balanced)
Thu 5/11	Med-Long	Rope & Roll
Fri 5/12	Off	
Sat 5/13	4mi Tempo @ 5:20 + 100-80-60-40m	
Sun 5/14	Long Run	
Mon 5/15	AM: 30' E PM: 50' E + 4x5s HS (Acceleration)	
Tue 5/16	15x (1:1) @ 10k/5k	
Wed 5/17	Med-Long	
Thu 5/18	End + 3x40m @ 400	
Fri 5/19	15x200 @ Mile-ish	
Sat 5/20	Long Run	
Sun 5/21	End + HS	
Mon 5/22	6x (3:1) / 2mi Tempo + 200-180-160-140-120	
Tue 5/23	Off	
Wed 5/24	30' E + 80-60-40 @ Mile-800-400	
Thu 5/25	State 800 (Medley)	
Fri 5/26	State (3200m & 800m)	
Sat 5/27	State (1600m)	
Sun 5/28	50' Rec Run	

Mon 5/29	50' E + 100-80-60-40
Tue 5/30	Off
Wed 5/31	30' E + 100-80-60-40 @ Mile > 400m Rhythm
Thu 6/1	HOKA MILE (3:57 w/ 57s last lap)
Fri 6/2	50' Rec Run
Sat 6/3	11miles @ Victoria Lake Rd. w/ Progression
Sun 6/4	50' E + Strides
Mon 6/5	2000-1600-1200-800-400 @ LT-10k-5k-3k-Mile
Tue 6/6	OFF
Wed 6/7	60' E
Thu 6/8	2mi Tempo + 10x200 @ ~Mile + 6x80m @ 400/800
Fri 6/9	50' E
Sat 6/10	50' E
Sun 6/11	2x (3:1) + 5x200 @ Mile
Mon 6/12	Off
Tue 6/13	30' E + 80-60-40m
Wed 6/14	Brooks 2 Mile (8:34.10)
Thu 6/15	E
Fri 6/16	1500m (3:37)
Sat 6/17	E
Sun 6/18	Mile (4:02)
Mon 6/19	Off
Tue 6/20	50' E + 100-80-60-40m
Wed 6/21	11mi @ Vicky
Thu 6/22	50' E + 100-80-60-40m Strides
Fri 6/23	1600-800-1600-800-1600-800 + 3x150m
Sat 6/24	60' E
Sun 6/25	50' E + 4x8s HS
Mon 6/26	2mi T + 4x (400,200)
Tue 6/27	Off
Wed 6/28	60' E
Thu 6/29	50' E + 100-80-60-40m
Fri 6/30	4x (3:1) + 8x200 @ Mile + 3x150m
Sat 7/1	50' E
Sun 7/2	40' E + 4x5s HS
Mon 7/3	4' @ LT (5:00) + 300-200-150-100 @ Mile-400m
Tue 7/4	Off
Wed 7/5	Pre-Meet
Thu 7/6	USATF 1500m (3:44 / 1:52 last 800m)
Fri 7/7	U20 800 Prelims (1:50)
Sat 7/8	U20 800 Finals (1:47)
Sun 7/9	