

Day	Monday	Tuesday	Wednesday	Thursday	Friday
When	7-8:15PM	7-8:30PM	7-8:30PM	7-8:15PM	7-9PM???
Where	Soccer Park Upper Parking Lot	High School	High School	Perry County Lake Parking Lot off of PCR 700	Higher Ed Center Parking Lot
What	0.75 miles E, 2 x H, Big5, ABCDGHI	20 min Circuit, CDFH, Barefoot	5 min E, 6 x 20s at 5k, ABCDGHI	6 min E, 4 x 20s at 5k, Big5, ABCDGHI (10 min on Thurs)	15 min E w/ 3 x 20s strides, Lunge Matrix, Big5, ABCDGHI, Barefoot
	Easy Run at Assigned Level, 3 x H, Big 5, ABCDFGHI	30 Min Circuit, CDFH, Barefoot	Easy Run at Assigned Level, 2 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Big 5, ABCDFGHI	Long Run at Level w/ 4x25s strides, Lunge Matrix, Big5, ABCDGHI, Barefoot
	Easy Run at Assigned Level, 4 x H, Big 5, ABCDFGHI	15 min WU, Fartlek at Level, Lunge Matrix, Big5, ABCDGHI, Barefoot	Easy Run at Assigned Level 3 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Big 5, ABCDFGHI	Long Run at Level w/ 4x25s strides, Lunge Matrix, Big5, ABCDGHI, Barefoot
Notes	<p>After introductions, we'll start with the warmup. New runners will pair up with returning ones.</p> <p>Rewards for returning runners who remember parts. Next is an easy run (easier than most are used to).</p> <p><b>Green:</b> one loop around the soccer park trail.</p> <p><b>Blue and Gold:</b> Start with the loop. If you stay within your easy range, you can run the rest where they choose Otherwise you will repeat the loop and try again.</p> <p>Next are hill sprints on the hill down to the main soccer field. The first rep will be at approximately 90% effort. The rest are max effort. Runners should fully recover (90-120 seconds) between reps.</p> <p>Last will be strength and mobility work.</p>	<p><b>Gold:</b> After a warmup run, the fartlek will cycle 2 min at 5k effort followed by 3 min steady (long run pace).</p> <p><b>Green and Blue:</b> You'll jog approx. 50m, then run around 400m at 5k effort then jog 50m. After that you'll do a set of four strength exercises before another set. You can find the exercises under Circuit 1, but there will be big signs with the exercises for each set. The clock will run the entire time. Altogether there are four sets of exercises. If someone reaches a fifth set, they'll go back to set one. The exercises in the sets cover most of the ABCs, so your mobility work will be limited.</p> <p>Everyone will finish with the barefoot routine, which you can find in the same document linked above.</p>	<p>We'll start with a game. That's a surprise, but it does involve peanut butter.</p> <p>Afterwards we'll warm up and do a recovery run.</p> <p><b>Green:</b> half-mile loop. <b>Blue and Gold:</b> assigned durations.</p> <p>Everyone will then take off their shoes and do barefoot sprints. These are the length of the football field. They start a little bit slower, build up to a faster effort by midfield, and then slow back down as they finish. You'll walk the width of the field before doing the next rep.</p> <p>The only other post-run work are the same ABCs as previous days.</p>	<p>We'll warm up in the parking lot. Runners will go clockwise on the trail from there. This is easy pace (maybe even slower than Monday). Green runners will have a designated turnaround point but their run should be about the same length as Monday. Blue and gold will go out and back by time.</p> <p>After the run, all groups will do strides on the levee. They'll run out on the levee and then jog back before starting the next set. For all runners this will be four 20-second strides at 5k effort.</p> <p>Post-run work will be the Big 5 and the same ABCs.</p>	<p>Our route goes down the new sidewalk along 51 to Old St. Marys then down West Street and then back up 61 (<a href="#">Map</a>). The route is out-and-back. No one will finish it all, everyone will turn around at the halfway point of their duration.</p> <p><b>Green:</b> should be easy pace but can pick it up a little in the second half. Also weave in three 20-second strides during that span.</p> <p><b>Blue and Gold:</b> Duration will be based on level. You'll have four 25-second strides in the last 20 minutes or so.</p> <p>Everyone will finish with strength and mobility work.</p> <p>Afterwards we'll head over to Luna's for treats, and if anyone is interested, we can head back over to school to watch the men's NCAA finals in the 5000m</p>