

Day	Monday	Tuesday	Wednesday	Thursday	Friday
When	On Own	7-8:30AM	7:00-7:45	On Own	7-8:30AM (Breakfast till 9:30)
Where	On Own (Ideally Soccer Park)	High School	High School	On Own (Ideally Perry County Lake)	High School
What	0.9 mile E, 3 x H, Big5, ABCDFGHI	25 min Circuit, ACDFGHI, Barefoot	7 min E, 2 x BS, ABCDFGHI	9 min E, 6 x 20s at 5k, Big5, ABCDFGHI	17 min E w/ 3 x 25s strides, Lunge Matrix, Big5, ABCDFGHI, Barefoot
	Easy Run at Assigned Level, 4 x H, Big 5, ABCDFGHI	35 min Circuit, ACDFGHI, 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, ABCDFGHI, Barefoot
	Easy Run at Assigned Level, 5 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	15 min WU, Progression at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level 4 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIMV	Long Run at Level w/ 4x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
Notes	<p>Very similar to last Monday. Same pace with just a bit more distance.</p> <p><b>Green:</b> A route you could possibly run at the soccer park is <a href="#">this one</a>. If you can't make it to the soccer park, shoot for around 10-12 minutes.</p> <p><b>Blue and Gold:</b> If you run at the park, start with the same loop as last week and take the same approach with a second loop.</p> <p>Everyone should do one more hill sprint than last week. If you can't get to the soccer park, try to find a hill that's roughly as long and steep. The first rep should still be at 90% effort. The rest are max effort. Full recovery (90-120 seconds) between reps.</p> <p><b>Green and Blue</b> have same mobility work. <b>Gold</b> will shift to some different work. Check the website if you need breakdowns of any of this.</p>	<p><b>Gold:</b> After a warmup run, the first segment of the progression run should start at long run pace. Each segment should get a little faster before reaching 5k effort on the last segment.</p> <p>You'll get to do CoreX, some extra ABCs, and more barefoot exercises.</p> <p><b>Green and Blue:</b> Another circuit with the same basic structure but 5 more minutes than last week. The strength exercises are different but will be posted in the same way. You can find them on the website under Circuit 2.</p> <p>Still limited ABCs followed by Barefoot routine.</p> <p><b>Also, it will likely be dewy, so please bring an extra pair of socks/shoes for afterwards.</b></p>	<p>We'll start with some pickleball in the gym. Perhaps some prizes for the winning teams. This should be done by 7:45.</p> <p>At that point the coaches will leave. If you want to stick around for a recovery run, start with the warmup.</p> <p><b>Green</b> should do 8-10 minutes of running. You should still do 2 barefoot strides on the football field. <b>Blue and Gold</b> should run their assigned duration and then do one more barefoot stride than the previous week.</p> <p>The only other post-run work are the same ABCs as last Wednesday.</p>	<p>Another trail run. Warm up in the parking lot.</p> <p><b>Green</b> should do about 11-13 minutes of easy running, turning around at the halfway point.</p> <p><b>Blue and Gold</b> should do an out and back where you turn around at half of your assigned duration. Remember this is easy pace.</p> <p>After the run, do levee strides the same way as last week but 5 instead of 4. If you can't make it to the lake, try to find a patch with smooth grass like some sort of ball field.</p> <p><b>Green and Blue</b> do same post-run work. <b>Gold</b> has some new ABCs and the other work from Monday. Given the ticks, you can do this part when you get home.</p>	<p>Another long run. Same pace, more time. And a <a href="#">different route</a>, which will head along Edgemont to B Road then turn down behind the PHS track onto Schindler Road. Still out and back turning around at the halfway time of your 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 25-second strides during that span.</p> <p><b>Blue and Gold:</b> You'll still have four 25-second strides in the last 20 minutes or so.</p> <p><b>Green and Blue</b> and will have same post-run work as last Friday.</p> <p><b>Gold</b> will have the same post-run work as Tuesday.</p> <p>Team breakfast afterwards. \$2 for nutritious and delicious food!</p>