

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	1 mile E, 4 x H, Big5, ABCDFGHI	30 min Circuit, CDFHI, Barefoot	8 min E, 3 x BS, ABCDFGHI	12 min E, 6 x 20s at 5k, Big5, ABCDFGHI	20 min E w/ 4 x 20s strides, Lunge Matrix, Big5, ABCDFGHI, Barefoot
	Easy Run at Assigned Level, 5 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	10 min WU, Progression Run 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+
	Easy Run at Assigned Level, 6 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	10 min WU, Progression Run at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level 5 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIMV	Long Run at Level w/ 5x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
Notes	<p>Green: A route you could possibly run at the soccer park is this one. If you can't make it to the soccer park, shoot for around 12-14 minutes.</p> <p>Blue and Gold: 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>Green has same mobility work. Blue and Gold will shift to some different work. I use the bleachers at the soccer park for the "U"s. Check the website if you need breakdowns of any of this.</p>	<p>Blue and Gold: 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>Green: One last 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 3.</p> <p>Still limited ABCs followed by Barefoot routine.</p> <p>Also, it will likely be dewy, so please bring an extra pair of socks/shoes for afterwards.</p>	<p>Weather permitting, we'll do a slip n' slide relay on the practice field. Please wear suitable clothing. Prizes for the winning team. This should be done by 7:45. Please bring a towel!</p> <p>At that point the coaches will leave. If you want to stick around for a recovery run, bring a change of clothes and start with the warmup.</p> <p>Green should do 10-12 minutes of running. You can do 3 barefoot strides on the football field. Blue and Gold 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>Green should do about 13-15 minutes of easy running, turning around at the halfway point.</p> <p>Blue and Gold should do same as last week at new duration for level.</p> <p>After the run, do 5 levee strides like last week. However, make the last two a bit faster at 3200 pace (pace you can hold for 10-15 minutes). If you can't make it to the lake, try to find a patch with smooth grass like some sort of ballfield.</p> <p>Green has same post-run Blue and Gold have new ABCs and the other work from Monday. If you don't have mats, you can do this part at home. Please check for ticks</p>	<p>Another long run with more time. And a different out-and-back route, which will head along St. Joseph to main street, then left down to the roundabout, then left up 61. Then left immediately after Tractor Supply and up Bruce Street to St. Joe. Then Moulton by Edgemont to Big Spring.</p> <p>Green: should start near easy pace but can pick it up a little in the second half. Also weave in four 20s strides during that span.</p> <p>Blue: still 4 x 25s strides in the last 20 minutes or so.</p> <p>Gold: 5 x 25s strides</p> <p>Green same work as last Fri</p> <p>Blue and Gold: same post-run work as Tuesday.</p> <p>Team breakfast afterwards. \$2 for delicious food!</p>