

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 (Preferably City Park)	Back Loop of Course (Park in grove past entrance)	High School	On Own (Preferably Lake Trail)	High School
What	Easy Run at Level, Hill Sprints, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	10 min WU, Progression Run at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level, 3 x BS, ABCDFGHI	Easy Run at Level, PS, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIMV	Long Run at Level w/ 5x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
	Easy Run at Assigned Level, Hill Sprints, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKUVW	15 min WU, Progression Run at Level, LBC+, MDC CoreX, ABCDFGHILNQZ, Barefoot Ultra	Easy Run at Assigned Level, 4 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKMTV	Long Run at Level w/ 5x30s strides, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra
	Easy Run at Assigned Level, Hill Sprints, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKUVW	15 min WU, Progression Run at Level, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra	Easy Run at Assigned Level, 5 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKMTV	Long Run at Level w/ 5x30s strides, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra
Notes	<p>I would still recommend starting with the park loop before expanding elsewhere if you wish.</p> <p>Follow the previous guidelines with hill sprints of 2 weeks +1 followed by a week of -1.</p> <p>Green: Those who completed the previous week could move up a level. You should stick with the same post-run work.</p> <p>Blue and Gold: If you've leveled up two weeks in a row, make sure you drop down a level. Otherwise, you may move up a level from last week. Both groups have the extended work that Gold did last week.</p>	<p>After the dynamic warmup, run a warmup at easy pace for the assigned duration.</p> <p>We'll then do a progression run at your assigned level.</p> <p>A watch is going to be helpful for this.</p> <p>Green will do the same post-run work as the last two weeks.</p> <p>Blue and Gold will do more advanced post-run work, all of which can be found on the website.</p>	<p>Since we skipped out on Frisbee last week, we'll bring it back this week.</p> <p>As usual, feel free to stick around afterwards for a recovery run and barefoot strides.</p>	<p>Since today can't be a contact day and most of you don't own wickets and medicine balls, we'll switch back to a trail run this week.</p> <p>You should do an easy run at the assigned duration for your level.</p> <p>Afterwards you should do the progression of strides. You should do the strides for the same letter as the last time you did this.</p> <p>Other than a few swaps in ABCs, everyone will do the same post-run work as on Monday.</p>	<p>The long run will follow a similar route to Week 2.</p> <p>Green: 5 x 25s strides during the latter part</p> <p>Blue and Gold: 5 x 30s strides in the last 20 minutes or so.</p> <p>Same post-run work as on Tuesday.</p> <p>Team breakfast afterward</p>