



Week 11 Schedule



Monday 23-Oct

4:00 PM Team meeting
Outline of this week

4:30 PM **Aerobic Run**
4 x 150 m

Strength/Flexiablity
Ice

20 pushes up
3 different rope stretches

Tuesday 24-Oct

4:00 PM Run to Lincoln Park
Strength/Flexiablity

2 x 400 @ 1st mile pace, 30 sec rest
400m Rolling
2 x 800 @ goal pace, 1:45 Rest
400 Race Finish @ Goal Pace

Post workout
1 set of bouncers
20 pushes up
3 different rope stretches

Wednesday 25-Oct

4:00 PM 5 min Warm-up
Strength/Flexiablity

Aerobic Run
4 x 150 sprints

Post workout
1 set of bouncers
20 pushes up
3 different rope stretches

Thursday 26-Oct

4:00 PM 5 min Warm-up
Strength/Flexiablity

4:30 PM **800m @ race pace**
2 x 400m @ Race Pace
2 x 200m @ 1st mile pace

Strength/Flexiablity
Ice

GET A GOOD NIGHT OF SLEEP!!!

Friday 27-Oct

4:00 PM 5 min Warm-up
Strength/Flexiablity

Aerobic Run
4 x 150 sprints

Post workout
1 set of bouncers
20 pushes up
3 different rope stretches

6:00 PM **PreState Dinner**
Hope Church

Saturday 28-Oct

<u>STATE MEET</u>	
9:30 AM	Leave for Jamestown
12:30 PM	Coaches Meeting
2:00 PM	Class A Girls
2:45 PM	Class A Boys

A Champion has vision. A champion dreams of things that haven't been
and believes they are possible. A champion says "I can."