**Week #7 Distance Running Training:**

**Hydrate often eat healthy and get proper sleep!!!!**

\*Always warm up by doing the following:

1. Easy 5-10 minute jog.
2. Plyometric Drills
3. Strides

\*Always warm down by doing the following:

1. Easy jogging
2. Strides
3. Core Repeats
4. Stretching

**Mon.4/21** **Egg Hunt** 5-10 minute jog warm-up 300-300-200-200 with equal recovery @ all-time goal 1600 or 3200 race pace 5-10 minute jog warm-down 4-6 stride-outs{2 core end with stretching}

**Tues.4/22 Quad @ Denfeld-PSS 4pm Release 2:45 bus 3:00**

**Wed.4/23** 5-10 minute jog warm-up 400-300-200-200 with equal recovery @ all-time goal 1600 or 3200 race pace 5-10 minute jog warm-down 4-6 stride-outs **(5th & 6th grade practice)**

{2-3 core sets end with stretching}

**Thurs.4/24** Easy Distance run 20-30 6-8 Stride-outs.

{2 core sets} **JH Home Meet 4pm**

**Fri.4/25** **Meet @ East 4pm Release 2:32 bus leaves 2:45 or**

**Hamline Elite Meet**

**Sat.4/26** Easy Distance run 20-30 6-8 Stride-outs.

{2 core sets}

**Sun.4/27 12:30 pm** **Hills. Meet at intersection of JayCooke road and highway 210 (It’s where the old Forbay meets JayCooke road)** 5-10 min. warm-up 4-6 sets (2-4 accelerators and 1 rep of frog hops with 2 minute recovery) 5-10 min. jog warm down. Or go to 28th and do it on your own. {2-3 core sets}

**Core Workout Set:**

1. 30-50 cone heads, sit-ups, crunches, or flutters & crossovers (need a mat)
2. 5-10 30 second super mans.
3. 20-40 push-ups, planks, reverse push-ups
4. 40-60 curls (need 10-20 pound weights or resistant bands) **weight room**
5. alternate 1 leg squats 5-10 on each leg
6. scooter bugs 10-20 yards out & back and again in other direction
7. 20-40 full body burpies
8. 20-45 pull-ups \* **weight room,** resistant bands, or partner pull-ups
9. Jumping Rope or jump in place 3-4 minutes.