

Mid Distance (800 and up)

Monday February 19: 8*30 seconds fast

Tuesday February 20th:

*** Boys Soccer Playoff Game... Practice over by 4:45***

1) Ladders with Speed Warm-up

a. 6 * 20 meter Fly-ins with 3 minute run

1. 30 meter acceleration- 20 Meter Fly---30 meter Decelerate

2) Speed Cool-down

Wednesday: February 21st

*** Get Jump/ Vault Pits out first***

*** Game Day***

1) Ladders with Strength Warm-up

a. 10 minute progression run (70%-80%-85%)

i. 260-160-100 * 4-6 sets

1. Easy 5-10 on the turf

2) Strength Cool Down

Thursday: February 22nd

1) Ladders with Speed Warm-up

a. Step circuit

1. Feed The Beast Drill

2) Speed Cool-down

Friday: February 23rd (if no game at Home)

Ladders with Strength Warm-up

a. 3 lap progression run (70-80-90%)

i. 3*3*3 run with 8 minute tempo in the middle

1. 5-10 minute easy on turf

2) Strength Cool Down