

Mid Distance  
800m-3200m

**Monday**

**4/4**

Speed Warm-up

FOCUS ON FORM IN WARM-UP

10 minute run

3\*400 meter @ pace after each 400m complete

#1) 5 squats, 5 Mountain climbers, 3 1 leg hops

#2) 3 ea Split Squats, Crunch with arm raise 3 ea, Wide -outs

#3) 20 m Spring Run, 5 supermans, 3ea step ups

Then an easy 5 minutes,,,,, repeat 3 times

Finish workout with 2 \* FAST 150's

Megan :1:35-1:40

Elise: 1:40-:1:45

Crystal/Jazmin: 1:55-2:00

Elijah/Sabihno: 1:25-1:30

All other see Coach Mello

**Crazy feet no shoes**

**3\*3 for 50 meters**

**Strength Mlds:**

**Med ball front squats 3 sets of 5**

**3 \* 5 bench Jumps**

**3\*5 negative push-ups**

**Phase 2 Easy**