

March is Mileage and Tempo Month
Week One

March 9-14	
Monday	Team Practice
Tuesday	Team warm up and stretch, pillar routine, distance expectations, handouts,
Wednesday	Team Warm up Strech T-12 introduce Weight Room circuit training, Assassin: up-tempo for the time printed on the card, Core
Thursday	Team warm –up and stretch, General Strength routine, Fartlik 3-4 miles 6X1 block @ Race pace,
Friday	Team Warm up and stretch, Pentathlon information, Weight room circuit 4 mile run, second half faster than first half (Beaver Isl. Trail)
Saturday	Pentathlon 12:00 at Tech

Week Two

March 16-21	
Monday	Team warm up, Pillar Routine, 5 miles relaxed pace. Meet in weight room At 5:00 PM<, 6X150 @ race pace , Cool down.
Tuesday	Team warm up. Indy 500 (8laps, 2 pit stops) Sit ups and Puch ups.
Wednesday	Team warm up 1 mile easy. 4X800 tempo. 1 mile cool down. Eight room @ 5:00pm
Thursday	Team Warm up, 10 Min run 1X800, 2 sets 4X200, 2 X400, 1 mile colol down, sit ups , and push ups.
Friday	Warm up, Team GAME!! And meet information, 3-4 easy, 6X100 pick ups. STRETCH!! Meet Goals.
Saturday	Husky Classic at SCSU Be there at 8:13AM

Week Three

March 23-28	
Monday	AM Practice 6:30 Wts and 20 Min. Run PM Easy 5 with 5X150 Accelerations.
Tuesday	Team Pursuit run. Beaver Isl. Trail. Push ups and sit ups.
Wednesday	AM Practice
Thursday	Team warm –up, Plyo’s on the run (Wilson Park) Recover run back to Tech
Friday	PM only, Team Game!!! And meet information Meet goals, 4 miles easy with 6X150 tempo.
Saturday	CLC Indoor @SCSU

Week Four

March 30-April 4	
Monday	AM Practice 6:30 Wts and 20 Min. Run PM Team warm up 600/200 work out.
Tuesday	Team Warm up, Easy 5 8X100 strides. Sit ups and push ups.
Wednesday	No AM, PM Calvary Relays . Warm up there Cool down home
Thursday	Team Warm up, Learn to sprint. 8X400 jog with 100 meter sprint finish. 25 Minute easy run, sit ups and push ups.
Friday	PM only: Distance and Mid Distance ladder.
Saturday	Ove Distance 50-80 Minute run.

April is Tempo and Pace Month Week Five

April 6- 11	
Monday	AM Practice 6:30 Wts and easy 3. PM 5 Easy with 8X100 accelerations.
Tuesday	3 Coins Pace Interval work out. Sit ups and Push ups.
Wednesday	AM 6:30 Wts. And 20 Min. run, PM Team warm up and team game, Meet information. 8X200 build ups, 1 mile cool down
Thursday	Sartell Quad
Friday	AM practice only, Progressive run to Hospital via SCSU. Bring bagel \$.
Saturday	Over Distance 50-80 minutes.

Week Six

April 13-18	
Monday	No School, No Practice
Tuesday	Mid distance and Distance intervals 1 mile warm up and cool down. Sit ups and push ups..
Wednesday	AM 6:30 Wts. And easy 3. run, PM Team warm up and team game, Meet information. Meet Goals Easy 3 miles
Thursday	Willmar Optimist Invite @ Willmar
Friday	PM only. Tempo work out (Distance and MD)
Saturday	Over Distance 8 miles

Week Seven

April 20-25	
Monday	AM 6:30 Wts. 20 Min. Run. PM Progressive Run to SRapids
Tuesday	Lake George Relays @ Race Pace (~9X300) 3 miles easy. Sit ups and push ups.
Wednesday	AM 6:30 Wts. And 20 Min Run. PM Team warm up and team game, Meet information. Meet Goals Easy 4 miles 6X100 strides. Bring spikes to practice to get 1/8 inch spikes put in shoes.
Thursday	Monticello Meet
Friday	AM only for those not participating at Hamline. Plyo's and Hills on the Run @ Wilson Park. Hamline Elite for those who qualify.
Saturday	Over Distance 8 miles

Week Eight

April 27-May 2	
Monday	PM only. MD: 400/200, Distance 800/400
Tuesday	AM 6:30 Sit ups and push ups, 30 Min. Recovery run (Bring Bagel \$)PM 4-5 easy
Wednesday	AM 6:30 Wts. And 20 Min Run. PM 400 work out, MN 200 workout.
Thursday	AM Easy 5 with 6X100 strides PM Meet information. Help with Junior High Meet!
Friday	JV meet @ Sartell. Varsity 1 mile easy, 5 minutes race pace, 1 mile easy. Go home!!
Saturday	Varsity Mega Meet @ S. Rapids

May is Speed and Peak Month

Week Nine

May 4-9	
Monday	AM Core Circuit, Easy three. PM Distance and MD Intervals.
Tuesday	1 mile easy, 3 miles threshold, 1 mile cool down. Sit ups and push ups.
Wednesday	No AM, Team warm up/Game, Meet information. Meet goals, 8X200 strides with starts. Handoffs
Thursday	True Team Sections @ S. Rapids
Friday	JV meet at Apollo Varsity –warm up, 30 Minute Ultimate
Saturday	Over Distance 7-8 miles

Week Ten

May 11-15	
Monday	AM 6:30 Wts. Easy 3. PM Meet info. SRapids threshold run.
Tuesday	Apollo Quad
Wednesday	AM 6:30 AM Wts. And 20 Min. Run PM Overlapping 400s.
Thursday	Warm up, Easy 5 sit ups and push ups.
Friday	No AM PM race pace continuous relays
Saturday	Over Distance 6-7 miles

Week Eleven

May 18-23	
Monday	Park to Park photo scavenger hunt
Tuesday	Starts and Finishes 400s. Sit ups and push ups.
Wednesday	No AM Team warm up/game, Meet information Easy 3 with 5X100 strides
Thursday	CLC @ Brainard
Friday	JV CLC @ Rocori. Varsity S. Rapids run @ conversation pace.
Saturday	Over Distance 45 Minute run

Week Twelve

May 25-30	
Monday	20 min. warm up. Brief Interval work out, 1 mile cool down
Tuesday	Team warm up/meet information. Pre-meet. (Break a sweat, loosen up, go home!)
Wednesday	Section Meet Prelims @ Alexandria.
Thursday	Recovery run
Friday	Warm up, Meet information, 8X200 strides
Saturday	Section Meet finals

Week Thirteen

June 1-6	
Monday	Hard work out for the week
Tuesday	
Wednesday	A few pace repeats
Thursday	
Friday	State Meet@Hamline
Saturday	State Meet completion

Week Fourteen

June 10	Track Picnic and awards at Riverside Park 6:00pm
June 12	Tech Tiger Trot 6:00pm at Quarry Park Start at Discovery Elem.