Saturday, August 27th

8:00 am

Workout: 20 minute warm up run to track, running drills: speed ladder sets, low hurdles, hurdle over/unders, dynamic stretching routine, 4 X 1000 @ race pace or 4 X 800 @ race pace---these will be run on road (track to Bleachers Parking Lot is 1000 or track to chocolate church is 800), 4 X 30 meter hill repeats, 4 X 15 second sprints, Meb’s Five Minute Strength, and end with food.

Runners who are at about a 400 minute 800. Workout is 4 X 800 with 4 minutes rest (swimmers rest---start an interval on 8, 16, 24, and 32 minutes)

**Athlete Goal Pace 800 800 800 800**

Brynn 4:50 4:29 4:32 4:48 4:37

4:30 4:53 4:53 3:48

Cassie 4:30 4:12 4:13 4:22 4:11

4:24 4:33 4:19 3:30

Evie 4:30 4:09 4:01 4:10 3:54

4:24 4:33 4:19 3:30

Dani 3:58 3:54 3:50 3:59 3:39

3:56 3:57 3:59 3:06

Riley 3:58 3:54 3:50 3:53 3:39

3:56 3:57 3:53 2:56

Savannah 4:48

4:52 4:51 4:45 4:21

Melody 4:50 4:08 4:00 4:10 3:54

4:52 4:53 4:47 4:23

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Workout: 20 minute warm up run to track, running drills: speed ladder sets, low hurdles, hurdle over/unders, dynamic stretching routine, 4 X 1000 @ race pace or 4 X 800 @ race pace---these will be run on road (track to Bleachers Parking Lot is 1000 or track to chocolate church is 800), 4 X 30 meter hill repeats, 4 X 15 second sprints, Meb’s Five Minute Strength, and end with food.

4 X 1000. I will place a clip board at each end of 1000’s I will read times and runners will report. 4 X 1000 (swimmers rest---start an interval on 8, 16, 24, and 32 minutes). “Know ThySelf”—faster reps are not intention! Signs you are improving: shorter rest, 4th interval, better consistency in your times is proof of great running efficiency.

**Athlete Goal 1000 1000 1000 1000**

John 3:35 3:38 3:16 3:21 3:11=3:25

3:20 3:06 3:14

Kyle 3:45 3:45 3:29 3:39 3:21=3:32

3:37 3:20 3:27

Elena 3:50 =3:40

3:39 3:27 3:28

Kade 3:55 3:48 3:35 3:50 3:40=3:45

4:08 3:40 3:34

Brendan 3:55 3:52 3:37 3:54 3:45=3:48

4:00 3:38 3:39

Abbey 4:05 3:54 3:47 3:51 3:41=3:50

3:48 3:32 3:41

Sydney 4:05 4:10 4:15 4:20 4:20=4:16

3:53 3:38 3:43

Roman 4:05 3:58 3:47 4:00 3:45=3:50

3:07 3:03 3:13 2:57

Derek 4:05 3:58 3:53 3:58 3:41=3:53

4:14 3:40 3:47

Julianne 4:15 4:09 3:58 4:01 3:53=3:58

4:05 3:53 4:10

Kin 4:15 4:09 3:58 4:01 3:48=3:59

4:20 3:56 3:58

Bradley 4:15 3:58 3:47 3:58 3:41=3:59

3:28 3:12 3:17 3:06

Evan 4:15 =DNR

3:25 3:25 3:21 2:39

Ryan 4:15 4:22 4:10 4:15 4:02=4:05

4:21 3:59 4:07

Erik 4:25 =DNR

4:22 3:58 4:17

Haakon 4:25 4:21 4:11 4:20 3:56=4:05

Did not run this workout

Lexi 4:25 4:13 4:01 4:06 3:56=4:05

3:25 3:26 3:20 2:34

Erinn 4:25 4:13 3:59 4:02 3:49=4:05

3:25 3:25 3:21 2:34

Sierra 4:35 4:13 4:09 4:05 4:05=4:05

3:25 3:26 3:21 2:34

Liza 4:35 =DNR

3:34 3:34 3:30 2:44

Justice 4:35 4:14 4:10 4:16 4:06=4:08

Did not run this workout

Kelsie 4:45 4:15 4:10 4:18 4:06=4:12

Ryla 4:45 4:15 4:10 4:25 4:08=4:15

4:03 3:53 4:02

Cooper 4:35 4:27 4:20 4:30 4:19=4:25

4:44 4:39 4:54

Griffin 4:35 4:33 4:23 4:33 4:30=4:30

4:43 4:39 4:54

1000 conversation / Table

Pace 5000 4000 KT Performance

3:00 15:00 12:00

3:10 15:50 12:40

3:20 16:40 13:20

3:30 17:30 14:00

3:40 18:20 14:40 John

3:50 19:10 15:20 Kyle

4:00 20:00 16:00 Kade, Brendan

4:10 20:50 16:40 Abbey, Sydney, Roman, Derek

4:20 21:40 17:20 Julianne, Kin, Brad, Evan, Ryan

4:30 22:30 18:00 Lexi, Erinn, Erik, Haakon

4:40 23:20 18:40 CC, Liza, Justice, Cooper, Griffin

4:50 24:10 19:20

5:00 25:00 20:00 Ryla, Kelsie

speed ladder sets (hit three directions: forward, backward, and sideways): one foot in each block (forward/backwards), shuffle sideways one foot in each block (forward/backwards), sideways one foot in each block---both directions.

low hurdles—10 hurdles focuses on knees up arm drive

hurdle over/unders—hip flexers

dynamic stretching routine: walk on toes (series of four), figure four, high knees, pull ankle to butt, skips A and B, grape vine, cherry pickers, deer bounds, and 4 X 20 meter pick ups.

Meb’s Five Minute Strength, 2 sets of 10 Dips (using bleachers), pushups 2 sets of 10, 2 sets 30 seconds each side rolling planks, 2 sets for 30 seconds each leg single leg balance, parachute, and dog and hydrant.