Tuesday, August 30

6:00 PM. On a moderately flat 1000 portion of the Westby cross country course.

Workout: 20 minute warm up run to track, running drills: speed ladder sets, low hurdles, hurdle over/unders, dynamic stretching routine, 4 X 1000 Continuous 1000’s on a moderately flat 1000 portion of the cross country course

**Continuous 800’s**

Runners who are at about a 400 minute 800. Workout is 4 X 800 continuous run. In which athletes build up pace during a continuous run. Dave Nelson will monitor and record these efforts.

Easy Tempo Threshold Best Effort

65% 75% 85% 90%

**Athlete 800 800 800 800**

Cooper

14:27

Griffin

14:50

Liza

15:26

Justice

DNR

Kelsie

16:11

Dani

16:50

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

Riley

16:50

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

Dani

16:50

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

Riley

16:50

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

Savannah

16:52

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

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

18:17

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

19:56

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

19:56

Brynn 5:30 5:00/10:30 4:50/15:20 4:35/19:55

DNR

Continuous 1000’s. I will

**Athlete Goal 1000 1000 1000 1000**

John 3:35

3:20 3:06 3:14

Kyle 3:45

3:37 3:20 3:27

Elena 3:50

3:39 3:27 3:28

Kade 3:55

4:08 3:40 3:34

Brendan 3:55

4:00 3:38 3:39

Abbey 4:05

3:48 3:32 3:41

Sydney 4:05

3:53 3:38 3:43

Roman 4:05

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

Derek 4:05

4:14 3:40 3:47

Julianne 4:15

4:05 3:53 4:10

Kin 4:15

4:20 3:56 3:58

Bradley 4:15

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

Evan 4:15

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

Ryan 4:15

4:21 3:59 4:07

Erik 4:25

4:22 3:58 4:17

Haakon 4:25

Did not run this workout

Lexi 4:25

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

Erinn 4:25

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

Sierra 4:35

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

Ryla 4:45

4:03 3:53 4:02

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.