



CHRISTMAS BREAK TRAINING

400M/800M

Dec 20 th – SATURDAY	OFF
Dec 21 st – SUNDAY	Long Run 6-7 Miles
Dec 22 nd – MONDAY	Long Warm Up 10X200M @ 200M Repeat Pace – 2 Min Walk in Between Cool Down 1 Mile & Static Stretching
Dec 23 rd – TUESDAY	Short Warm Up 4-5 Miles + 4X100M Buildups ***Focus on Running Form, Technique, and Turnover*** Static Stretching
Dec 24 th – WEDNESDAY	Long Warm Up 2X700M with 10 Min Rest – Hit 400M mark @ 75% effort of target 400M – Continue effort after 400M Cool Down 1 Mile & Static Stretching
Dec 25 th – THURSDAY	Merry Christmas! – OFF
Dec 26 th – FRIDAY	Short Warm Up 2X2 Speed Makers – 3 Min Rest in between the two sets Cool Down 1 Mile & Static Stretching
Dec 27 th – SATURDAY	OFF

Dec 28 th – SUNDAY	Long Run 6-7 Miles
Dec 29 th – MONDAY	Voluntary Practice at LHS Track – 9AM Long Warm Up 10X200M @ 200M Repeat Pace – 2 Min Walk in Between Cool Down 1 Mile & Static Stretching
Dec 30 th – TUESDAY	4-5 Miles On Your Own + 4X100M Buildups ***Focus on Running Form, Technique, and Turnover*** Static Stretching
Dec 31 st – WEDNESDAY	Voluntary Practice at LHS Track – 9 AM Long Warm Up 2X700M with 10 Min Rest – Hit 400M mark @ 75% effort of target 400M – Continue effort after 400M Cool Down 1 Mile & Static Stretching
Jan 1 st – THURSDAY	4-5 Miles On Your Own Static Stretching
Jan 2 nd – FRIDAY	Voluntary Practice at LHS Track – 9 AM Long Warm Up 1X300M @ 90% of 400M Target Time Event Day – Focus on Form and Technique/Parts of the Race Cool Down 800M & Static Stretching
Jan 3 rd – SATURDAY	20 Min Easy Run
Jan 4 th – SUNDAY	Long Run 6-7 Miles