

Competition Ready Workouts: These workouts are intended to provide you with a good base to begin the competition phase. If your goal is to run personal best times and compete to the best of your ability, you must progress to this level by early January. If at any point, you feel pain in your legs, shins, feet (aside from typical muscle soreness), take a few days off and ice/stretch. Anytime there is an easy jogging day, you can ride a bike instead, but you need to double the time. Make sure you do the Warmups, core, hips, lunge/squat, plyos and cool down when they are assigned. It may not seem like it, but a ton of injuries come from neglecting any of these areas. Sunday is always a rest day. If you have any questions, send me a text via Remind. **I may change the workout based on the weather, so be sure to check this Google Doc BEFORE going out each day. REMIND code for sprinters, jumpers, throwers is @f97bek

M--12/7 Full Warmups 4 x 3 x 200 (@80% w/ a 60 sec. rest btw reps/3 minutes btw sets) 6 x 100 M strides (70%) Core circuit Hip Circuit Cool Down: 5 minute easy jog/+ static stretch	T--12/8 Full Warmups 20 minute easy jog 6 x 100 M strides (@70%) Lunge/Squat Circuit Hip Circuit Core Circuit Static Stretching	W--12/9 Full Warmups 2x 15 minute Fartlek run (alternate running fast for 30 seconds and easy jogging for 60 seconds)—repeat until 15 minutes, then rest 4 minutes and repeat a 2nd time. 6 x 100 M strides (70%) Upper Body Workout Video/Routine	R--12/10 Full Warmups 8 x 500s on grass (Moderate pace w/ 3:00 break) 6 x 40 M accelerations (strong build up--try to reach 90-95% by 30 M mark and hold until 40 M) 2 x Hip Circuit Cool Down: 5 minute easy jog/+ static stretch	F--12/11 Full Warmups 20 minute easy jog 6 x 100 M strides (@70%) 2 x Lunge/Squat Circuit Hip Circuit Core Circuit Static Stretching	S--12/12 Full Warmups 3 x 5 x 100 (@80-85%) with a walk back rest break/4 minutes btw sets Core Circuit Upper Body Workout Video/Routine Cool Down: 5 minute easy jog/+ static stretch
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		Cool Down: 5 minute easy jog/+ static stretch			
M--12/14 Full Warmups 5 x 5 minute hard run (do this fast)/2 minute break between reps 2. 8 x 150 M faster than a hard run Core Circuit Cool Down: 5 minute easy jog/+ static stretch	T--12/15 Full Warmups 2x 17 minute Fartlek run (alternate running fast for 30 seconds and easy jogging for 60 seconds)—repeat until 17 minutes, then rest 4 minutes and repeat a 2nd time. 6 x 100 M strides (70%) 2 x Core circuit Cool Down: 5 minute easy jog/+ static stretch	W--12/16 Full Warmups 25 minute easy jog 6 x 100 M strides (@70%) Lunge/Squat Circuit Hip Circuit Upper Body Workout Video/Routine Static Stretching	R--12/17 Full Warmups 2 x 5 x 400s on grass (fast pace w/ 3:00 break) 10 x 40 M accelerations (strong build up--try to reach 90-95% by 30 M mark and hold until 40 M) 2 x Hip Circuit Cool Down: 5 minute easy jog/+ static stretch	F--12/18 Full Warmups 8 x 3 minute hard run (do this fast)/2 minute break between reps 2. 4 x 100 M faster than a hard run Core Circuit Cool Down: 5 minute easy jog/+ static stretch	S--12/19 Full Warmups--no running day 2 x Lunge Circuit Upper Body Workout Video/Routinet 2 x Hip Circuit Static Stretching
M--12/21 Full Warmups 5 x 200/100 (30	T--12/22 Full Warmups 25 minute easy jog	W--12/23 Full Warmups 3 x 4 x 80 (walk	R--12/24 Full Warmups 6 x 4 min hard run	F--12/25 Full Warmups 2x 20 min Fartlek	S--12/26 Full Warmups Plyometrics 1

second break btw 200/100 and 4 min btw sets) *200s should be @ 90%, 100s should be @ 95% Core Circuit Cool Down: 5 minute easy jog/+ static stretch	6 x 100 M strides (@70%) Lunge/Squat Circuit Hip Circuit Upper Body Workout Video/Routine Static Stretching	back rest/5 mins btw sets) 2 x 150 @ 95% with 5 min. Btw Hip Circuit Cool Down: 5 minute easy jog/+ static stretch	(do this fast)/2 minute break between reps 2. 4 x 150 Snowball (1st 50 @ 70%, 2nd 50 @ 80%, 3rd 50 @ 90%) Core Circuit Cool Down: 5 minute easy jog/+ static stretch	run (alternate running fast for 30 seconds and easy jogging for 60 seconds)—repeat until 17 minutes, then rest 4 minutes and repeat a 2nd time. 6 x 100 M strides (70%) Hip Circuit Upper Body Workout Video/Routine Cool Down: 5 minute easy jog/+ static stretch	Video/Routine Hip Circuit Core Circuit Cool Down: 5 minute easy jog/+ static stretch
M--12/28 Full Warmups 6 x 250/100/50 (40 second break after 250, 20 second break after 100 and 4 min after 50 btw sets) *250s should	T--12/29 Full Warmups 25 min easy jog 8 x 100 M strides (@70%) Lunge/Squat Circuit	W--12/30 Full Warmups 2 x 5 x 90 seconds hard run (do this fast)/2 min break btw reps/5 min break btw sets	R--12/31 Full Warmups 3 x 100/80/60/40/20 all @ 90% (walk back rest/5 mins btw sets) Hip Circuit	F--1/1 No running today. Hip Circuit (Add 5 reps to all hip exercises from now on) Core Circuit	M--1/2 Full Warmups Plyometrics 2 Video/Routine Cool Down: 5 minute easy jog/+ static stretch

be @ 90%, 100s should be @ 95%, 50s should be @ 100% Core Circuit Cool Down: 5 minute easy jog/+ static stretch	Hip Circuit Upper Body Workout Video/Routine Static Stretching	2. 4 x 100 M faster than a hard run Core Circuit Cool Down: 5 minute easy jog/+ static stretch	Cool Down: 5 minute easy jog/+ static stretch	Lunge/Squat Circuit Upper Body Workout Video/Routine	
M--1/4 Full Warmups 5 x 2 x 150 @ 85% (45 seconds btw reps/4 mins btw sets) 6 x 100 M strides @ 70% Core Circuit Cool Down: 5 minute easy jog/+ static stretch	T--1/5 Full Warmups 6 x 5 min hard run (do this fast)/2:30 minute break between reps 2. 4 x 150 Snowball (1st 50 @ 70%, 2nd 50 @ 80%, 3rd 50 @ 90%) Upper Body Workout Video/Routine Cool Down: 5	W--1/6 Full Warmups 25 min easy jog 8 x 100 M strides (@70%) Lunge/Squat Circuit Hip Circuit Core Circuit Static Stretching	R--1/7 Full Warmups 2 x 300 FAST (~90%) (8 min break btw reps and sets) 2 x 200 FASTER (~95%) (6 min break btw) 2 x 100 FASTEST (~100%) (4 min break btw) Hip Circuit Cool Down: 5 minute easy jog/+	F--1/8 Full Warmups 2 x 4 x 400 @80% with a 3 min break 10 x 40 m fly run (build up for 1st 10 meters and hold 100% from 20-40 meters) Cool Down: 5 minute easy jog/+ static stretch	S--1/9 Full Warmups Plyometrics 3 Video/Routine Hip Circuit Upper Body Workout Video/Routine Cool Down: 5 minute easy jog/+ static stretch

	minute easy jog/+ static stretch		static stretch		
M--1/11 Full Warmups 4 x 2 x 200 (@90% w/ a 60 sec. rest btw reps/4 minutes btw sets) 6 x 100 M strides (70%) Core circuit Upper Body Workout Video/Routine Cool Down: 5 minute easy jog/+ static stretch	T--1/12 Full Warmups 8 x 3 min hard run (do this fast)/2 minute break between reps 2. 4 x 150 Snowball (1st 50 @ 70%, 2nd 50 @ 80%, 3rd 50 @ 90%) Cool Down: 5 minute easy jog/+ static stretch	W--1/13 Full Warmups 25 min easy jog 8 x 100 M strides (@70%) Lunge/Squat Circuit Hip Circuit Core Circuit Static Stretching	R--1/14 Full Warmups 5 x 150 @ 95% (8 min. break) 1 x 5 minute hard run after. Core circuit Hip Circuit Cool Down: 5 minute easy jog/+ static stretch	F--1/15 Full Warmups 2x 20 min Fartlek run (alternate running fast for 30 seconds and easy jogging for 60 seconds)—repeat until 17 minutes, then rest 4 minutes and repeat a 2nd time. 6 x 100 M strides (70%) 2 x Core circuit Cool Down: 5 minute easy jog/+ static stretch	S--1/16 Full Warmups Plyometrics 2 Video/Routine Hip Circuit Upper Body Workout Video/Routine Cool Down: 5 minute easy jog/+ static stretch
M--1/18 Full Warmups 3 x 3 x 133 @ 90% (30 seconds btw reps/5 mins btw sets)	T--1/19 Full Warmups 7 x 3:30 min hard run (do this fast)/2 minute break	W--1/20 Full Warmups 25 min easy jog 8 x 100 M strides (@70%)	R--1/21 Full Warmups 1 x 300 @ 95% (10 mins) 1 x 200 @ 95% (10 mins)	F--1/22 Full Warmups 2x 20 min Fartlek run (alternate running fast for 30 seconds and easy	S--1/23 Full Warmups Plyometrics 3 Video/Routine Hip Circuit

6 x 100 M strides Hip Circuit Core Circuit Cool Down: 5 minute easy jog/+ static stretch	between reps 2. 6 x 150 Snowball (1st 50 @ 70%, 2nd 50 @ 80%, 3rd 50 @ 90%) Cool Down: 5 minute easy jog/+ static stretch	Lunge/Squat Circuit Hip Circuit Core Circuit Upper Body Workout Video/Routine Static Stretching	6 x 200 @ 85% (30 secs btw each rep) Cool Down: 5 minute easy jog/+ static stretch	jogging for 60 seconds)—repeat until 17 minutes, then rest 4 minutes and repeat a 2nd time. Cool Down: 5 minute easy jog/+ static stretch	Upper Body Workout Video/Routine Cool Down: 5 minute easy jog/+ static stretch
M--1/25 Full Warmups 4 x 2 x 200 (@90% w/ a 60 sec. rest btw reps/4 minutes btw sets) 6 x 100 M strides @ (70%) Core circuit Cool Down: 5 minute easy jog/+ static stretch	T--1/26 Full Warmups 6 x 5 min hard run (do this fast)/2:30 minute break between reps 2. 4 x 150 Snowball (1st 50 @ 70%, 2nd 50 @ 80%, 3rd 50 @ 90%) Hip circuit Cool Down: 5 minute easy jog/+ static stretch	W--1/27 Full Warmups 25 min easy jog 8 x 100 M strides (@70%) Lunge/Squat Circuit Upper Body Workout Video/Routine Hip Circuit Core Circuit	R--1/28 Full Warmups 10 x 80 @ 95% with a 3 min break Hip Circuit Core Circuit Cool Down: 5 minute easy jog/+ static stretch	F--1/29 Full Warmups 25 min easy jog 8 x 100 M strides (@70%) Lunge/Squat Circuit Hip Circuit Core Circuit Static Stretching	S--1/30 Full Warmups 25 min easy jog 8 x 100 M strides (@70%) Lunge/Squat Circuit Upper Body Workout Video/Routine Hip Circuit Core Circuit

		Static Stretching			Static Stretching
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