

Monday 10 Plan to stretch for at least 20 minutes. Plan to do a 10 minute core workout. If you are unsure what to do here are two links: 20-minute Stretch 10-minute Core	Tuesday 11 800m Warm Up or 5 minute Jog Drill Lines 6 x Broken 400s (200 break) or 29 seconds 85% 800 Cool Down or 5 minute Jog <i>JUMPERS– Watch the Videos, Take Notes on Form</i>  3 Simple Long Jump D...  High jump for Beginne...  Triple Jump Techniqu...	Wednesday 12 Plan to stretch for at least 20 minutes. Plan to do a 10 minute core workout. If you are unsure what to do here are two links: 20-minute Stretch 10-minute Core	Thursday 13 800m Warm Up or 5 minute Jog Drill Lines 7 x 150m at 70% (Keep same pace) -- 3 min rest 4 x 50m Block Starts 800 Cool Down or 5 minute Jog <i>JUMPERS– Watch the Videos, Take Notes on Form</i>  3 Simple Long Jump D...  High jump for Beginne...  Triple Jump Techniqu...	Friday 14 800m Warm Up or 5 minute Jog Drill Lines Bounding Only 3 x 25m Falling Runs 5 x 25m Get Ups 5 x 25m 6 x 50m Block Starts 800 Cool Down or 5 minute Jog <i>JUMPERS– Watch the Videos, Take Notes on Form</i>  3 Simple Long Jump D...  High jump for Beginne...  Triple Jump Techniqu...
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