

Distance	Sprinters	Throwers	Freshmen	Strength Training
M 3/16 Vo2 Max Workout Regular warm up 8x800 at Vo2 max Pace Rest what you run. Check Chart here 2x150 walk back for rest 10 min warm down If you have not the Vo2 max test yet email Mr. Dormer for your workout	3/16 -Plyos: 12" on :15" off 1. In and outs (feet together feet apart) 2. Lunge jumps 3. 90° hops right 4. ½ Squat jumps (parallel) 5. Quick speed skaters 6. Tuck jumps 7. Scissors 8. In and outs (feet together feet apart) 9. Split jumps 10. 90° hops left 11. ½ Squat jumps (parallel) 12. Quick speed skaters 13. Tuck jumps 14. Scissors	3/16 -3x Mets Circuit (3' between sets, 15" between exercises) -Hurdle Mobility Warm Down	3/16 Vo2 Max Workout Regular warm up 6x800 at Vo2 max Pace Rest what you run. Check Chart here 2x150 walk back for rest 10 min warm down If you have not the Vo2 max test yet email Mr. Dormer for your workout	

	-A Run Series -3x Mets Circuit (3' between sets, 15" between exercises) -Mirto, McGrade, Lane, Marchesi due 4 mile tempo run -Hurdle Mobility Warm Down			
T 3/17 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	3/17 Niekerk 8x160m@ CZ pace and then add 1.5 seconds, 2'	3/17 Throwers Warm Up 12x10m@100%, 1' Weight Room Clean 4x3@80%, Box Jumps 3x5, bench press 3x5, standing rows 3x8	3/17 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Body Weight Circuit: BULLS Report to Mr Dormer with this Link
W 3/18 Special Endurance 2 Regular warm up 12x400 Meters 3 mins rest 5 seconds slower than your mile pace 10 min warm down	3/18 Off	3/18 Off	3/18 Special Endurance 2 Regular warm up 8x400 Meters 3 mins rest 5 seconds slower than your mile pace 10 min warm down	
Tr 3/19 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	3/19 Bolt Warm Up 6x40m standing starts@100%, 4' Box Jumps 3x5	3/19 Bolt Warm Up 6x30m standing starts@100%, 3' Weight Room: Clean 5x3@80%, Explosive Step Up	3/19 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Body Weight Circuit: METS Report to Mr Dormer with this Link

		5x4, bench press 4x5, Standing Rows 4x8, Wall Slides 3x10.		
F 3/20 RACE DAY Regular warm up Run a 1600 like a race 15mins rest race the a 400 Report times to Mr. Dormer with this link	3/20 RACE DAY Meet Warm Up -100m Dash 15' -400m Dash Report times to Mr. Dormer with this link	3/20 RACE DAY Meet Warm Up -50m Dash 15mins rest Do the following 3x 20 seconds of Push ups, Speed Squats Jumping Jacks 2 mind between each Report times to Mr. Dormer with this link	3/20 RACE DAY Regular warm up Run a 1600 like a race 15mins rest race the a 400 Report times to Mr. Dormer with this link	
S 3/21 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	3/21 Off	3/21 Off	3/21 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	
Sn 3/22 OFF	Sn 3/22 Off	Sn 3/22 Off	Sn 3/22 OFF	
M 3/23 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	M 3/23 Just do Strength Training in right column	M 3/23 Just do Strength Training in right column	M 3/23 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Body Weight Circuit: BULLS Report to Mr Dormer with this Link

T 3/24 Fly 30's Regular warm up 10x 30 meters (5 seconds) with 90 seconds rest Then 7 mile run	T 3/24 Bolt. -5x50m standing starts@100%, 5' <u>Weight Room</u> Cleans 4x3@75%, Lunge Jumps (FAST) 4x4 w/(5-10lbs) , Explosive Push ups 3x10-15, Standing Rows 4x6.	T 3/24 6x30m standing sprints @ 100%, 3' <u>Weight Room</u> Cleans 6x3@75%, Lunge Jumps (FAST) 4x4 w/(5-10lbs) , Explosive Push ups 3x10-15, Standing Rows 4x6, Wall Slides 3x10	T 3/24 Fly 30's Regular warm up 10x 30 meters (5 seconds) with 90 seconds rest Then 45 min run	
W 3/25 Hills Regular Warm up 6x1:30 hills 4x 45 Sec Hills 10 min warm down	W 3/25 Recovery WU Body Weight Circuit: METS Report to Mr Dormer with this Link	W 3/25 Off	W 3/25 Hills Regular Warm up 4x1:30 hills 4x 45 Sec Hills 10 min warm down	Body Weight Circuit: METS Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
Tr 3/26 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Tr 3/26 Niekerk 4x320m@ 87.5% , 4' (The 320m mark is 26 walking strides after the 100m start)	Tr 3/26 12x20m starts@100%, 1' <u>Weight Room</u> - Squat Jumps w/ 10lbs 6x4, Step Ups 3x5 w/ 20lbs, Incline Bench 5x4	Tr 3/26 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	
F 3/27 RACE DAY Regular warm up Events 3200 Meters or 800 Meters	F 3/27 OFF	F 3/27 RACE DAY Regular warm up Events 50 Meters 8 Mins rest	F 3/27 RACE DAY Regular warm up Events 3200 Meters or 800 Meters	Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice

15 Min rest Then If you did 3200 Meters do a 800 If you did an 800 do a 400 Second races will be grouped to form relays Each team needs to have at least 2 guys do the 3200 Report to Mr Dormer with this form		50 Meters Report to Mr Dormer with this form	15 Min rest Then If you did 3200 Meters do a 800 If you did an 800 do a 400 Second races will be grouped to form relays Each team needs to have at least 2 guys do the 3200 Report to Mr Dormer with this form	Also use this workout to report in to the Xavier Color Wars
S 3/28 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	S 3/28 RACE DAY Meet Up 200 15' 400 Report to Mr Dormer with this form	S 3/28 5 times w/ 10" between exercises and 2' bet. sets - 5 squat jumps - 10 step ups -10 lunges - 5 push ups	S 3/28 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	
Sn 3/29 Long Run day 80 mlns at 75% pace 3 sets of hurdle mobility	Sn 3/29 OFF	Sn 3/29 OFF	Sn 3/29 Long Run day 65 mlns at 75% pace 3 sets of hurdle mobility	
M 3/30 OFF	M 3/30 Bolt 5x50m standing starts @100%, 5', Plyos: 3x(5x tuck jumps, 5x	M 3/30 10x30 meters @100%, 3' 14x10m@100%, 1' 3x(5 squat	M 3/30 Off	Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest

	squat jumps, 8x lunge jumps). Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice	jumps, 10 push ups, 10 split jumps, 10x step ups, 10x wall slides, 5x back exercises) 1',3'		and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
T 3/31 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	T 3/31 OFF	T 3/31 OFF	T 3/31 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	
W 4/1 Special Endurance 2 Regular warm up 12x400 Meters (70 seconds if you don't have a track) 3 mins rest 5 seconds slower than your mile pace 10 min warm down	W 4/1 Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars	4/1 Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars	W 4/1 Special Endurance 2 Regular warm up 12x400 Meters (70 seconds if you don't have a track) 3 mins rest 5 seconds slower than your mile pace 10 min warm down	Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
Tr 4/2 Recovery Run At 70% based on chart 50 minutes	Tr 4/2 Niekerk 10x160m@CZ pace + 1.5", 2'	Tr 4/2 14x10m@100%, 1' 3x(5 squat jumps, 10 push	Tr 4/2 Recovery Run At 70% based on chart 50 minutes	Tr 4/2

3 sets of hurdle mobility		ups, 10 split jumps, 10x wall slides, 5x back exercises) 1',3'	3 sets of hurdle mobility	
F 4/3 Recovery Run At 70% based on chart 40 minutes	F 4/3 Off	F 4/3	F 4/3 Recovery Run At 70% based on chart 40 minutes	F 4/3
S 4/4 RACE DAY VS FORDHAM!!! Report times vs here for Fordham And here for our own Competition	S 4/4 RACE DAY VS FORDHAM!!! Report times vs here for Fordham And here for our own Competition	S 4/4 RACE DAY VS FORDHAM!!! Report times vs here for Fordham And here for our own Competition	S 4/4 RACE DAY VS FORDHAM!!! Report times vs here for Fordham And here for our own Competition	S 4/4 RACE DAY VS FORDHAM!!! Report times vs here for Fordham And here for our own Competition
Sn 4/ 5 Long Run day 80 mlns at 75% pace 3 sets of hurdle mobility	Sn 4/5 Off	Sn 4/5 Off	Sn 4/ 5 Long Run day 65 mlns at 75% pace 3 sets of hurdle mobility	Sn 4/5
M 4/6 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	M 4/6 BOLT 2x30m down starts@100%, 2' 4x60m@100%, 6' Weight Room Clean 3@70%, 3@80%, 3@85%, 3@90%. Squat jumps w/ 5-10lbs 4x4, Incline 4x6 15% of BW,	M 4/6 BOLT 8x30m down starts@100%, 2' Weight Room Clean 3@70%, 3@80%, 3@85%, 3@90%. Squat jumps w/ 5-10lbs 4x4, Incline 4x6 15% of BW, standing rows 3x8@70%	M 4/6 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	M 4/6 Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this

	standing rows 3x8@70%			workout to report in to the Xavier Color Wars
T 4/7 Regular warm up Guys who run 3200 in meets 6-8x1000 at Threshold pace 1 Min rest 2x150 (20 seconds) walk back for rest Regular Warm down Guys who run 800 in meets 6x800 at VO2 max pace Rest what you run 2x150 (20 seconds) walk back for rest Regular Warm down	T 4/7 Recovery Body Weight Circuits	T 4/7 Recovery Body Weight Circuits	T 4/7 Regular warm up 6x800 at VO2 max pace Rest what you run 2x150 (20 seconds) walk back for rest Regular Warm down	T 4/7
W 4/8 M 4/6 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	W 4/8 Niekerk 12x160m@CZ pace + 1", 3'	W 4/8 Bolt 10x50m@100%, 5' 3x5 squat jumps 4x6 lunge jumps 3x10 push ups	W 4/8 M 4/6 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this

				workout to report in to the Xavier Color Wars
Tr 4/9 M 4/6 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Tr 4/9 OFF	Tr 4/9 OFF	Tr 4/9 M 4/6 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Tr 4/9
F 4/10 Guys who run 3200 in Meets Run a 5K Guys who run 800 in Meets 400 meters 15 min rest 400 meters Report to Mr. Dormer with this form	F 4/10 Day B4 Meet Warm Up	F 4/10 3x5 squat jumps 4x6 lunge jumps 4x5 Step Ups 3x10 push ups	F 4/10 Guys who run 3200 in Meets Run a 3200 Guys who run 800 in Meets 400 meters 15 min rest 400 meters Report to Mr. Dormer with this form	F 4/10
S 4/11 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	S 4/11 Meet Warm Up 100m, 10', 300m (400H do 100m 10', 500m) Report to Mr. Dormer with this form	S 4/11 Meet Warm Up 100m, 10', 55m Report to Mr. Dormer with this form	S 4/11 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	S 4/11
Sn 4/12 Easter Sunday OFF	Sn 4/12 Easter Sunday OFF	Sn 4/12 Easter Sunday OFF	Sn 4/12 Easter Sunday OFF	Sn 4/12 Easter Sunday OFF

Distance	Sprinters	Throwers	Freshmen	Strength Training/ Indoors Only
M 4/13 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	M 4/13 Body Weight Circuit (Right Column)	M 4/13 Body Weight Circuit (Right Column)	M 4/13 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	M 4/13 Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
T 4/14 Regular Warm Up 2 sets of 8x200 with 100 meter jog rest Regular warm down	T 4/14 Bolt 3x20mDS(on turn)1' 5x20m flys(on turn), 4' (or sticks) Plyos: 4x5 Squat jumps with 10-20lbs, 3x4 Speed Skaters w/ 10lbs, 4x 5-15 Explosive Push Ups	T 4/14 6x40m@100%, 4'	T 4/14 Regular Warm Up 2 sets of 5x200 with 100 meter jog rest Regular warm down	T 4/14 5 circuits with 30 seconds rest between exercises and 1 min rest between circuits. DO 1 REP PER SECOND Bodyweight Squat 10 Reps Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg Jump Squat 5 Reps

W 4/15 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	W 4/15 Body Weight Circuit (Right Column) 400/800 Do 3 mile recovery run	W 4/15 Body Weight Circuit (Right Column)	W 4/15 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	W 4/15 Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
Tr 4/16 "Broken 800's" Regular Warm up 4 sets of 500 meters, 45 sec rest, 300 meters Take 4- 5 mins rest between sets 500 should be run at 5 seconds faster than Mile pace 300 all out 5 mins rest 2x150 walk back for rest Regular warm down	Tr 4/16 Niekerk 2x(3x160m@ CZ pace)45", 12' Table pull ups 3x max, Oblique Swings 3x8, Wall Slides 3x10	Tr 4/16 10x20m@100%, 1' Plyos: 4x5 Squat jumps, 3x4 Speed Skaters, 4x 5-15 Push Ups, 3x10 wall slides	Tr 4/16 "Broken 600's" Regular Warm up 4 sets of 400 meters, 45 sec rest, 200 meters Take 4- 5 mins rest between sets 400 should be run at 5 seconds faster than Mile pace 200 all out 5 mins rest 2x150 walk back for rest Regular warm down	Tr 4/16 5 circuits with 30 seconds rest between exercises and 1 min rest between circuits. DO 1 REP PER SECOND Bodyweight Squat 10 Reps Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg Jump Squat 5 Reps
F 4/17 Recovery Run At 70% based	F 4/17 Off	F 4/17 Off	F 4/17 Recovery Run At 70% based	F 4/17 Body Weight Circuit: BULLS

on chart 50 minutes 3 sets of hurdle mobility			on chart 50 minutes 3 sets of hurdle mobility	Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
S 4/18 Long Run day 80 mlns at 75% pace 3 sets of hurdle mobility	S 4/18 Meet W.U. RACE DAY! 400M Report your results here	S 4/18	S 4/18 Long Run day 60 mlns at 75% pace 3 sets of hurdle mobility	S 4/18
Sn 4/19 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Sn 4/19 Off	Sn 4/19 Off	Sn 4/19 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	Sn 4/19 Off
M 4/20 OFF	M 4/20 Follow right column	M 4/20 Follow right column	M 4/20 OFF	M 4/20 Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice

				Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
T 4/21 Regular Warm up 8x400 M at Mile pace with 3 mins rest Then 2x150 Regular Warm down	T 4/21 Bolt 2x Below Jump Circuit. 10" on : 20" off 5' between sets. - Speed skaters for speed & distance 90° Turn Lunge jumps - Split jumps 180° Turn squat jumps (parallel) - Lateral jumps for speed & distance - Tuck jumps 1 leg hops in place right leg 1 leg hops in	T 4/21 14x10m@100%, 1'	T 4/21 Regular Warm up 8x400 M at 5 seconds slower than Mile pace with 3 mins rest Then 2x150 Regular Warm down	T 4/21 Bolt 2x Below Jump Circuit. 10" on : 20" off 5' between sets. - Speed skaters for speed & distance 90° Turn Lunge jumps - Split jumps 180° Turn squat jumps (parallel) - Lateral jumps for speed & distance - Tuck jumps 1 leg hops in place right leg 1 leg hops in

	place left leg 9. Speed skaters for speed & distance 10. 90° Turn Lunge jumps 11. Split jumps 12. 180° Turn squat jumps (parallel) 13. Lateral jumps for speed & distance 14. Tuck jumps 15. 1 leg hops in place right leg 16. 1 leg hops in place left leg			place left leg 9. Speed skaters for speed & distance 10. 90° Turn Lunge jumps 11. Split jumps 12. 180° Turn squat jumps (parallel) 13. Lateral jumps for speed & distance 14. Tuck jumps 15. 1 leg hops in place right leg 16. 1 leg hops in place left leg
W 4/22 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	W 4/22 See right column	W 4/22 See right column	W 4/22 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	W 4/22 Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice

				Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
Tr 4/23 Regular warm up 6x800 at VO2 max pace Rest what you run 2x150 (20 seconds) walk back for rest Regular Warm down	Tr 4/23 Niekerk 2x(3x160@ CZ pace) 45", 12'	Tr 4/23 3 sets of the following. 5' between sets. -10 squat jumps FAST, but 3 seconds rest between each one. -5-20 push ups - 15 wall slides - 10 side lunges each leg with 10lbs	Tr 4/23 Regular warm up 6x800 at VO2 max pace Rest what you run 2x150 (20 seconds) walk back for rest Regular Warm down	Tr 4/23 3 circuits with no rest between exercises and 1' rest between circuits. DO 1 REP PER SECOND! -Bodyweight Squat 10 Reps -Lunge 5 Reps Each Leg -Step-up 5 Reps Each Leg -Jump Squat 5 Reps
F 4/24 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	F 4/24 Off	F 4/24 See right Column	F 4/24 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	F 4/24 Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this

				Link Also use this workout to report in to the Xavier Color Wars
S 4/25 RACE DAY Time to Run your fastest mile of the season Regular warm up 1x1600 (go for it) 15 in rest 1x400 (all out) Regular warm down Report your time here	S 4/25 RACE DAY 300m! Report your time here	S 4/25 RACE DAY Report your time here	S 4/25 RACE DAY Time to Run your fastest mile of the season Regular warm up 1x1600 (go for it) 15 in rest 1x400 (all out) Regular warm down Report your time here	S 4/25 3 circuits with no rest between exercises and 1' rest between circuits. DO 1 REP PER SECOND! -Bodyweight Squat 10 Reps -Lunge 5 Reps Each Leg -Step-up 5 Reps Each Leg -Jump Squat 5 Reps
Sn 4/26 OFF	Sn 4/26	Sn 4/26	Sn 4/26 OFF	Sn 4/26
M 4/27 Recovery Run At 70% based on chart 60 minutes 3 sets of hurdle mobility	M 4/27 Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice	M 4/27 Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice	M 4/27 Recovery Run At 70% based on chart 50 minutes 3 sets of hurdle mobility	M 4/27 Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link

				Also use this workout to report in to the Xavier Color Wars
T 4/28 Recovery Run At 70% based on chart 50 minutes	T 4/28 Bolt 8x30m standing sprints@100%, 3' 3x (6x tuck jumps, 5 lunge jumps, 10 speed skates for distance) 30", 2'	T 4/28 Bolt 10x20m sprints@100%, 2'	T 4/28 Recovery Run At 70% based on chart 50 minutes	T 4/28
W 4/29 Hills Regular Warm up 8x1:30 hills 4x 45 Sec Hills 10 min warm down	W 4/29 Off (Just body weight)	W 4/29 Off (Just body weight)	W 4/29 Hills Regular Warm up 6x1:30 hills 4x 45 Sec Hills 10 min warm down	W 4/29 Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
Tr 4/30 Recovery Run At 70% based on chart 50 minutes	Tr 4/30 Niekerk 3x200@93%, 7' (Take 200PR & divide by .93)	Tr 4/30 Bolt 8x40meters @100%, 4'	Tr 4/30 Recovery Run At 70% based on chart 50 minutes	Tr 4/30

F 5/1 Regular warm up 6-8x1000 at Threshold pace 1 Min rest 2x150 (20 seconds) walk back for rest Regular Warm down	F 5/1 Just bodyweight exercises	F 5/1 Just bodyweight exercises	F 5/1 Regular warm up 5x1000 at Threshold pace 1 Min rest 2x150 (20 seconds) walk back for rest Regular Warm down	F 5/1 Body Weight Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars
S 5/2 Recovery Run At 70% based on chart 50 minutes	S 5/2 RACE DAY! -100m 15' -200m	S 5/2	S 5/2 Recovery Run At 70% based on chart 50 minutes	S 5/2
Sn 5/3 Long Run day 80 mlns at 75% pace 3 sets of hurdle mobility	Sn 5/3 OFF	Sn 5/3 OFF	Sn 5/3 Long Run day 60 mlns at 75% pace 3 sets of hurdle mobility	Sn 5/3
M 5/4 Recovery Run At 70% based on chart 50 minutes	M 5/4 See right column	M 5/4 See right column	M 5/4 Recovery Run At 70% based on chart 50 minutes	M 5/4 Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this

				Link Also use this workout to report in to the Xavier Color Wars
T 5/5 OFF Completely off Dont have to do the body weight today	T 5/5 Bolt 5x60m Sprints@100%, 6' 15 push ups during rest 3x10 Invisible hurdle hops (at hip height) 2'	T 5/5 10x30M@100%, 2' 2x(5x squat jumps 6 lunge jumps (each leg) 10 push ups)	T 5/5 OFF Completely off Dont have to do the body weight today	T 5/5 5 circuits with no rest between exercises and 1' rest between circuits. DO 1 REP PER SECOND! -Bodyweight Squat 10 Reps -Lunge 5 Reps Each Leg -Step-up 5 Reps Each Leg -Jump Squat 5 Reps
W 5/ Recovery Run At 70% based on chart 50 minutes	W 5/6 See right column	W 5/6 See right column	W 5/ Recovery Run At 70% based on chart 50 minutes	W 5/ Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to

				report in to the Xavier Color Wars
Tr 5/7 Regular Warm Up 8x200 with 100 meter jog rest Regular warm down	Tr 5/7 Niekerk 2x300@93%, 12'	Tr 5/7 20x10m@100%, 1'	Tr 5/7 Regular Warm Up 8x200 with 100 meter jog rest Regular warm down	Tr 5/7 5 circuits with no rest between exercises and 1' rest between circuits. DO 1 REP PER SECOND! -Bodyweight Squat 10 Reps -Lunge 5 Reps Each Leg -Step-up 5 Reps Each Leg -Jump Squat 5 Reps
F 5/8 Recovery Run At 70% based on chart 50 minutes	F 5/8 Off	F 5/8 Off	F 5/8 Recovery Run At 70% based on chart 50 minutes	F 5/8 Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link Also use this workout to report in to the Xavier Color Wars

S 5/9 Race Day! Everyone 2 Mile warm up 2Mile Hard 2 Mile Warm down Report Your Races Here	S 5/9 Race day! 400m Report Your Races Here	S 5/9 Race Day! 100 M Report Your Races Here	S 5/9 Race Day! Distance Guys 2 Mile warm up 2Mile Hard 2 Mile Warm down Sprinters Regular warm up 400 m Warm Down Report Your Races Here	S 5/9
Sn 5/10 Recovery Run At 70% based on chart 60 minutes	Sn 5/10 Off	Sn 5/10 Off	Sn 5/10 Recovery Run At 70% based on chart 60 minutes	Sn 5/10
M 5/11 Recovery Run At 70% based on chart 60 minutes	M 5/11 Off	M 5/11 Off	M 5/11 Recovery Run At 70% based on chart 60 minutes	M 5/11
T 5/12 Broken 800's" Regular Warm up 4 sets of 500 meters, 45 sec rest, 300 meters Take 4- 5 mins rest between sets 500 should be run at 5 seconds	T 5/12 Niekerk 3x200@93%, 7' (Take 200PR & divide by .93)	T 5/12 10x20m@100%, 1'	T 5/12 Broken 600's" Regular Warm up 4 sets of 400 meters, 45 sec rest, 200 meters Take 4- 5 mins rest between sets 400 should be run at 5 seconds	T 5/12 5 circuits with no rest between exercises and 30" rest between circuits. DO 1 REP PER SECOND!

F 5/15 Recovery Run At 70% based on chart 40 minutes	F 5/11 Race Day! 100m 15' 200m Report your times here	F 5/11 6x50m@100% 5' Report your times here	F 5/15 Recovery Run At 70% based on chart 40 minutes	F 5/15 5 circuits with no rest between exercises and 30" rest between circuits. DO 1 REP PER SECOND! -Bodyweight Squat 10 Reps -Lunge 5 Reps Each Leg -Step-up 5 Reps Each Leg -Jump Squat 5 Reps
S 5/16 RACE DAY Time to Run your fastest mile of the season Regular warm up 1x1600 (go for it) 15 in rest 1x400 (all out) Regular warm down Report your times here	S 5/16 Off	S 5/11 Off	S 5/16 RACE DAY Time to Run your fastest mile of the season Regular warm up 1x1600 (go for it) 15 in rest 1x400 (all out) Regular warm down Report your times here	S 5/16
Sn 5/17 Recovery Run	Sn 5/17 GSC	Sn 5/17 GSC	Sn 5/17 Recovery Run	Sn 5/17

At 70% based on chart 50 minutes	20 seconds on 20 seconds off Do set 2x: Burpees Arm sprints Squats Jumping jacks Push ups High knees Side to side hops Mt. Climbers	20 seconds on 20 seconds off Do set 2x: Burpees Arm sprints Squats Jumping jacks Push ups High knees Side to side hops Mt. Climbers	At 70% based on chart 50 minutes	
M 5/18 Regular Warm up 4x400 M at Mile pace with 3 mins rest Then 2x150 Regular Warm down	M 5/18 Bolt 5x40m@100% (standing starts), 4' Invisible Hurdle Hops: 3x5, 2'	M 5/18 10x20m@100%, 2' 3x(5 squat jumps, 8 lunge jumps, 10 push ups) 1', 3'	M 5/18 Regular Warm up 4x400 M at Mile pace with 3 mins rest Then 2x150 Regular Warm down	M 5/18 Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link
T 5/19 Recovery Run At 70% based on chart 50 minutes	T 5/19 GSC Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice	T 5/19 GSC Body Weight Circuit: METS Do the workout 20 seconds each exercise 20 seconds rest and do it twice	T 5/19 Recovery Run At 70% based on chart 50 minutes	T 5/19
W 5/20 Regular Warm Up 8x200 w/ 100m jog rest. Regular warm down	W 5/20 3x150m@95%, 12'	W 5/20 5x40m@100% (standing starts), 4'	W 5/20 Regular Warm Up 8x200 w/ 100m jog rest. Regular warm down	W 5/20 Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest

				and do it twice Report to Mr Dormer with this Link
Tr 5/21 Recovery Run At 70% based on chart 50 minutes	Tr 5/21 Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link	Tr 5/21 Circuit: BULLS Do the workout 20 seconds each exercise 20 seconds rest and do it twice Report to Mr Dormer with this Link	Tr 5/21 Recovery Run At 70% based on chart 50 minutes	Tr 5/21
F 5/22 Recovery Run At 70% based on chart 30 minutes	F 5/22 Day Before Meet Warm Up	F 5/22 Day Before Meet Warm Up	F 5/22 Recovery Run At 70% based on chart 30 minutes	F 5/22
S 5/23 RACE DAY Your choice either 1600 15 mins rest 400 Or 800 15 mins rest 400 Report your times here	S 5/23 LAST RACE OF THE SEASON! 100M, 15' 400M Report your times here	S 5/23 LAST RACE OF THE SEASON! 50M, 10' 100M Report your times here	S RACE DAY Your choice either 1600 15 mins rest 400 Or 800 15 mins rest 400 Report your times here	S 5/23
Sn 5/24 Recovery Run At 70% based on chart 50 minutes	Sn 5/24 OFF	Sn 5/24 OFF	Sn 5/24 Recovery Run At 70% based on chart 50 minutes	Sn 5/24