**PRACTICE SCHEDULE @ WHS**

Tuesday –9:00-11:00

Wednesday – 9:00-11:00

Thursday – 9:00-11:00

**100/200**

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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Off | Absolute Speed3 x 150 (8-10’) | **Intensive Glycolytic**4 x 4 x 50m 5 person relay(5:00 set) | Pre-Meet | TSU | TSU |
| 4 x 4 x 50m stacked - walk back recovery / 1 lap walk between sets | 10 x 150 with 50m walk | Hills100% effort400m worth of running12 x 30m (2:00)10 x 40m (3:00)8 x 50m (4:00) | Off |

200/400

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Speed End II2 x 350 (:30) 50m (15’)@ 400 Race pace | 1-1-1-21-1-2-11-2-1-12-1-1-1 | Pre-Meet | TSU | TSU |
|  | Speed End II2 x 350 (:30) 50m (15’)@ 400 Race pace | 10 x 150 with 50m walk | 2 x 3 x 200(1:00/9:00):60 400 pace(:32):65 400 pace(:34) | Hills100% effort400m worth of running12 x 30m (2:00)10 x 40m (3:00)8 x 50m (4:00) | Off |

**800/1600/3200 – NOT RACING**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 7mi easy run | Max Vo2 – 6mi2 mi warm upHIT-2:30(:15 on :15 jog)6 x 8001 – 3:00 (3:00)2 – 3:08 (3:08)3 – 3:20 (3:20)½ mi cool down | Easy – 4mi8 x 100m Float & Fast(20m accel15m fast15m float15m fast15m float15m fastDecelerate) | Aerobic – 4mi3 x 2 x 300Group 1 :54 (:45) :54 (6:00)Group 2 :57(:45) :57 (6:00)Group 3 - : 60 (:45) :60 (6:00) | Off |  5 mi easy run8 x 100m strides or on the track ins and out (curves/ straights) |