**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 Speed  3 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 | Hills  100% effort  400m worth of running  12 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 II  2 x 350 (:30) 50m (15’)  @ 400 Race pace | 1-1-1-2  1-1-2-1  1-2-1-1  2-1-1-1 | Pre-Meet | TSU | TSU |
|  | Speed End II  2 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) | Hills  100% effort  400m worth of running  12 x 30m (2:00)  10 x 40m (3:00)  8 x 50m (4:00) | Off |

**800/1600/3200 – NOT RACING**

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 7mi easy run | Max Vo2 – 6mi  2 mi warm up  HIT-2:30(:15 on :15 jog)  6 x 800  1 – 3:00 (3:00)  2 – 3:08 (3:08)  3 – 3:20 (3:20)  ½ mi cool down | Easy – 4mi  8 x 100m  Float & Fast  (20m accel  15m fast  15m float  15m fast  15m float  15m fast  Decelerate) | Aerobic – 4mi  3 x 2 x 300  Group 1  :54 (:45) :54 (6:00)  Group 2  :57(:45) :57 (6:00)  Group 3 - : 60 (:45) :60 (6:00) | Off | 5 mi easy run  8 x 100m strides or on the track ins and out (curves/ straights) |