

WARM-UP & COOL-DOWN ROUTINES

| LONG RUN | ACCs | WORKOUT | RECOVERY | STEADY/KENYAN | RACE DAY |
|--|--|--|--|---|---|
| PRE-WORKOUT | PRE-WORKOUT | PRE-WORKOUT | PRE-WORKOUT | PRE-WORKOUT | PRE-RACE |
| <ul style="list-style-type: none"> - 2-4 Lap Jog - Dynamic D (1st 3) - Lunge Matrix (1st 3) - Sprint D | <ul style="list-style-type: none"> - 15-20 min jog - Dynamic C - Sprint Drills B - Strides | <ul style="list-style-type: none"> - Jog to Park/Wkt 15-20 min Total - Dynamic A - Sprint Drills A - Light Stretch - 1-1-1 Progressive - Strides | <ul style="list-style-type: none"> - 2-4 Lap Jog - Dynamic B (1st 3) - Lunge Matrix (last 3) - Medicine Ball | <ul style="list-style-type: none"> - 2-4 Lap Jog - Dynamic D (1st 3) - Lunge Matrix (1st 3) - 3 min L.T. Opening - Strides | <ul style="list-style-type: none"> - 15-20 min Jog - Dynamic A - Sprint Drills A - 1-1-1 Progressive [5k-3k-Mile] - Race Gear (Uniform, Shoes) - Start Line (10min before race) - Strides [2-3 x 300m @ 80%] |
| POST WORKOUT | POST WORKOUT | POST WORKOUT | POST WORKOUT | POST WORKOUT | POST RACE |
| <ul style="list-style-type: none"> - Dynamic D (last 3) - GS Plank City/Back [Core (6-8)] - Crazy Feet - Static Stretch | <ul style="list-style-type: none"> - 20-30 min jog - Hurdles - GS Bataan/Waterloo - Core (4-6) - ROSS - Crazy Feet - Static Stretch | <ul style="list-style-type: none"> - Jog Back to School * 2-3 min Steady - GS Pillar/Easy 10 - Core (3-5) - Crazy Feet - Static Stretch | <ul style="list-style-type: none"> - Dynamic B (last 3) * Barefoot on Field - GS Pedestal/Mytrl - Core (4-6) - Crazy Feet - Static Stretch | <ul style="list-style-type: none"> - Dynamic D (last 3) - Sprint Drills C - Core (2) - Core/Mobility 2 - Hip Exercises - Static Stretch | <ul style="list-style-type: none"> - 20-25 min Jog (2-3 min L.T Opening) - Dynamic D - Core (3-5) - Static Stretching - Roll - Ice |

LONG RUN – Range from 20-30% of weekly volume

ACCs – Speed Development

WORKOUT – Practice Race Day Warm-Up

RECOVERY – 20 & 30 MPW is 25-45 min run; 40 & 50 MPW is 45-60 min run

STEADY – 20 & 30 MPW 1 mile WM, 2-3 miles steady, 1 mile CD; 40 & 50 MPW is 1 mile WM, 3-4 miles steady, 2 mile CD

KENYAN – 20 & 30 MPW 1 mile WM, 2-3 miles progressive, 1 mile CD; 40 & 50 MPW 1 mile WM, 3-4 miles progressive, 2 mi CD

HURDLES – 1st week Rail to Rail; 2nd week One Foot; Beginners use Wall;

Notes: GS, Core, & Static Stretch Daily; Hip Exercises x 1 each week; ROSS x 1-2 each week;