

November 2016

◀ October 2016		November 2016					December 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<p>1</p> <p>Warm Up Run: 800m easy jog</p> <p>Stretches</p> <p>Running Drills:</p> <p>Double leg hops w/short hop in between</p> <p>Single leg hops w/short hop in between</p> <p>Build Up Runs: 5x50m</p> <p>Shuttle Run</p> <p>Core Training: Indian File Running</p> <p>Runners divided into balanced teams; after they have chosen running order, each team will run 1x1200m, 1x1000m, 1x800m (6min, 5min, 4min) After lead has gone 100m (or 30 sec), the last runner in line increases his/her pace to run to the front of the line and so on.</p> <p>3 min. recovery in between</p> <p>Cool Down: 400m jog, stretch</p>	<p>2</p>	<p>3</p> <p>Warm Up Run: 800m total (600m easy jog, 100m walk, 100m fast pace)</p> <p>Stretches</p> <p>Running Drills:</p> <p>Skipping w/straight arms</p> <p>Skipping w/high knees</p> <p>Skipping w/quick down stroke</p> <p>Power skipping</p> <p>Build Up Runs: 5x50m</p> <p>Core Training: Clover Relay</p> <p>Runners divided into balanced teams; after runners have chosen their running order – 3 separate relays over out-and-back distances of 300m, 200m, 100m. Continue until each runner has run 3 times.</p> <p>3-4 min. recovery between relays.</p> <p>Cool Down: Jog 400m, stretch</p>	<p>4</p> <p>ELIGIBILITY CHECK</p>	<p>5</p> <p>Warm Up Run: 600m easy jog</p> <p>Stretches</p> <p>Running Drills:</p> <p>Skipping w/straight arms</p> <p>Skipping w/high knees</p> <p>Skipping w/quick down stroke</p> <p>Power skipping</p> <p>Core Training: Runners will be divided into groups by ability. 2 mile at an easy pace with sole objective of completing the distance without stopping.</p> <p>Finish with 5x50 m buildups</p> <p>Cool down: 400m jog, stretch</p>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7	8 Warm Up Run: 800m easy jog Stretches Running Drills: Walking w/high knees Walking w/straight leg kick-up Running w/high knees Running butt kick Build up Runs: 4x60m run Core Training: Continuous Relays (runners divided into teams based on 1MILE timed results; after they have chosen running order, each runner will run 600m loop and pass baton to their outgoing teammate. Continue until each runner has run 3 times). Cool Down: Jog 400m, stretch	9	10 Warm Up Run: 800m easy jog Stretches TEAM MEETING: RACE DAY LOGISTICS Build Up Runs: 4x60m Core Training: REPETITIONS 3x800m at goal pace Runners will have goal of running 3x800 meters at their 1-mile timed run pace; 5min recovery between reps Cool down; Jog 400m, stretch	11 ELIGIBILITY CHECK	12 MEET IN AUSTIN? TIME, LOCATION, TBD
13	14	15	16	17	18	19
20	21	22	23	24	25	26

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	Notes:		