

## 2017 Napoleon Track Spring Break Work-Outs

If you do not workout at all, your pre-season training will be gone by the time you return.

Do Not let your teammates down. Support Each Other!!!!

We have a meet on Wednesday when we return from break – YOU MUST BE READY!

Please complete the workouts as best as you can depending upon where you are and what is available.

Warm-up and Stretch! No Injuries!!!!

Do your workouts in the morning. Waiting to the afternoon or evening increases the possibility that they won't happen. If you are near a weight room, use the weight room! On the 200/400/800 workouts if you don't know the distance use the suggested time to determine how far you should run at your race pace.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thurs/Fri</u>	<u>Sat/Sun</u>
<b>Sprints:</b>				<b>3/30-31</b>	<b>(4/1-2)</b>
<b>Mid:</b>				8x100m Hard	6x200
<b>Distance:</b>				4 Miles	3x 1600 @ 6min
				5 Miles	4x1600 @6 Min
<b>Sprints:</b>	<b>(3rd)</b> 6 x 400	<b>(4<sup>th</sup>)</b> 10x100 hard	<b>(5<sup>th</sup>)</b> Easy 20 Min	<b>(6<sup>th</sup>/7th)</b> 12x100	<b>(8<sup>th</sup>/9<sup>th</sup>)</b> 8x200m
<b>Mid:</b>	4x800	4 Miles	Easy 3 Miles	15x100	5 Miles
<b>Distance:</b>	4x800	5 Miles	Easy 3 Miles	8x400	6 Miles