

Napoleon Girl's 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 must be ready to go after Break***

Please complete the workouts as best as you can depending upon where you are and what is available. **Warm-up and Stretch! No Injuries!!!!**

*If you are injured you should **ice** and **text** Mr. Norman.

*The workouts with multiple days listed can be done either day, the other day is an off/travel day.

Do your workouts in the morning. Waiting until 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 100/200/400/800 workouts if you don't know the distance use the suggested time to determine how far you should run at your race pace. **Set your watch to count down the time then run!**

Do not run in sand or concrete....blacktop or dirt is better and **you must be in shoes and socks.**

Throwers – Take a shot/disc home over break. Do the drills/lift & throw on the days runners will be running as listed below.

No Excuses - FASTER, HIGHER, FARTHER!

	Thu/Fri	Sat/Sun	Monday	Tues	Wed	Thurs	Fri	Sat/Sun
Sprint	8 x 100 @ 16s or 8 x 16hard	6 x 200 @ 34s or 6 x 34hard	400 x 6 @ 1:20 or 6 x 1:20hard	10x100 @ 16s or 10 x 100 hard	20 minutes -comfortab le pace	200 x 8 @ :35s or 8 x :35s hard	100 x 12 @ 15s or 12 x :15s hard	8 x 200 @ 34s or 8 x 34hard
Mid	3 Miles (24:00)	3 x 1600 @ 7:00	400 x 8 @ 1:20 or 8 x 1:20hard	3 Miles (24:00)	30 minutes -comfortab le pace	200 x 10 @ :35s or 10 x :35s hard	100 x 15 @ 16s or 15 x :16s hard	3 Miles (24:00)
Dist:	4 Miles (30:00)	4 x 1600 @ 7:00	400 x 8 @ 1:20 or 8 x 1:20hard	4 Miles (30:00)	45 minutes -comfortab le pace	800 x 6 @ 3:20 or 6 x 3:20 hard	8 x 400 @ 1:20 or 8 x 1:20	4 Miles (30:00)

***THE COLUMBIA MEET IS 4.5 DAYS AFTER WE RETURN. WORK HARD OVER BREAK AND BE PREPARED TO COMPETE FOR INVITATIONAL PLACES ON THIS TEAM!!!**