

WEEK OF AUGUST 17-22

Everyday: 4 sets, 20 lunges, 4 plyos, 2 accels

- Monday 8/17 40-minute run
- Tuesday 8/18 1.5-mile timed run followed by 30-minute cooldown
- Wednesday 8/19 45-minute run
- Thursday 8/20 Running hills on Lake Street Extension.
- Pods 1 and 2 – 40 minutes
 - Pod 3 – 35 to 40 minutes
 - Pod 4 – 32 minutes
- Friday 8/21 400m on track, trail or grass
- Pods 1 and 2 – 10x with 80 second rest
 - Pods 3 and 4 – 8x with 90 second rest
- 10-minute cooldown
- Saturday 8/22 Recovery run (60-50-40 minutes depending on fitness)