



MAKE-UP WORKOUT – SPEED

Go through normal warm-up routine, including push-ups, sit-ups, ¼ mile run, single limb squat-jumps, single limb ham deadlifts, butt kicks 2 x 40 feet, knee high walking x 40 feet, A skips 2 x 40 feet focusing on knee drive, side shuttles 2 x 40 feet each direction, dynamic leg swings forward and to the side each 5-10 times.

Your focus during the following workout is on turnover, when your foot hits the ground think of clawing it and getting the foot off the ground as quickly as possible.

2 mile run with surges. Run 2 miles at a hard pace (where you can hold a conversation, but it feels labored to do so). After the first ½ mile, add surges x 2 light poles at 90% intensity, easing up for 2 light poles, repeat until you've done 8 surges, then finish off the 2 miles at a hard pace (as above). Your last surge should be as hard as your first. You should finish this workout feeling "spent".

Cool down by stretching hamstrings, calves, quads, inner thigh. Do V-sits x 5 reps with 10 second hold, planks 5 x 10 second hold.



MAKE-UP WORKOUT – ENDURANCE

Go through normal warm-up routine, including push-ups, sit-ups, ¼ mile run, single limb squat-jumps, single limb ham deadlifts, butt kicks 2 x 40 feet, knee high walking x 40 feet, A skips 2 x 40 feet focusing on knee drive, side shuttles 2 x 40 feet each direction, dynamic leg swings forward and to the side each 5-10 times.

Focus of this workout is improving your pace every mile.

After your warm-up, run 1 mile at 60% intensity, 1 mile at 70% intensity, and your last mile at a brisk, race pace. Walk for ¼ mile afterwards and finish with your normal cooldown routine. Cool down by stretching hamstrings, calves, quads, inner thigh. Do V-sits x 5 reps with 10 second hold, planks 5 x 10 second hold.



MAKE-UP WORKOUT – HILLS

Go through normal warm-up routine, including push-ups, sit-ups, ¼ mile run, single limb squat-jumps, single limb ham deadlifts, butt kicks 2 x 40 feet, knee high walking x 40 feet, A skips 2 x 40 feet focusing on knee drive, side shuttles 2 x 40 feet each direction, dynamic leg swings forward and to the side each 5-10 times.

Focus of this workout is improving your strength and running form.

Find an area that has a hill that takes at least 30 seconds to run up. Put in a half mile at 60% intensity, then perform 15 minutes of repeated hill running.

When running up a hill, you will keep your turnover (cadence) the same as on level ground, this means you will need to shorten your stride length. Keep the head up and watch the crest of the hill. Visualize that you're running on a flat. Keep the shoulders back. Lift the knees – you have to. Also, remember once you reach the top of the hill to maintain your pace.

When running down a hill, remember what was discussed at practice. We are still racing down a hill but if you haven't heard coach talk about downhill running, take the downhill easy and make sure you're at the next practice that we do hills.

Cool down as in practice, include the normal stretches and V-sits 5 x 10 seconds, planks 5 x 10 seconds.