

## WEEK OF AUGUST 31 – SEPTEMBER 7

Every day: 8 sets, 24 lunges.

Monday, 8/31: Off

Tuesday, 9/1: 12 hydrants for all groups. Pods 1 and 2 also do hurdle walks.

- 6 x 150 full out. 5 minute rest between. 40 minute run. I recommend 2/3 of this workout for younger and less fit athletes.

Wednesday, 9/2: Hurdle Walks Pod 3 and 4.

- Chain run. 60 min. 2/3 for younger.

Thursday, 9/3:

- Pods 1 and 2 on track. Do hurdle walks and 12 hydrants. 5 x 800 with 2:00 active rest. 5 x 400 with 60 seconds active rest.
- Pod 3 and 4 - Do 65-55-45 minute run. Boulder and beyond. 12 Hydrants.
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Friday, 9/4: Same as Thursday but with Pods 1 and 2 doing 65 minute run, Pod 3 and 4 doing track workout.

Saturday, 9/5: 40 minutes 7s and 3s.

Sunday, 9/6: Off

Monday, 9/7: 55-50-45 minute run depending on fitness.