***2020 Mid Distance (400/800) Pre-Season Workouts***

**Monday & Wednesday**

* 3:45 – meet in weight room
* 3:50 – weight lifting in weight room
* 4:05 – block/acceleration practice on track
* 4:30 – go on run
* 5:05 – (Mon: 8 x weight room hills) (Wed: 12 x cannon hills)
* 5:15 – ladder drills
* 5:25 – stretch
* 5:35 – end of practice

**Tuesday & Thursday**

* 3:45 – meet in Coach Ford’s room
* 3:50 – hurdle drills
* 4:00 – go on run (Tu: 2 lap warm up, 8 laps sprint straights jog curve, 2 lap cool down, TH: 2 lap warm up, 8x200 @ 85-90%, 2 lap cool down)
* 4:45 – 10 x Aux Gym hills, 10 x backwards Aux Gym hills
* 5:10 – core
* 5:20 – stretch
* 5:30 – end of practice

Monday and Wednesday will be lifting days where we start off in the weight room. Tuesday and Thursday we will meet in Coach Ford’s room and go on your run from there.

**Lifting Routine**

Weight room days will include the following workouts. Runners will start at different routines and all move in the same order.

* Single Leg Squat w/ Arms Raised Overhead
* Bench Press
* Medicine Ball Slam
* Step Ups
* Spiderman Planks
* Tricep Press
* Plank w/ Leg Raises
* Sumo Squat
* Kettle Bell Swings
* Plank Jacks
* Lunge w/ Plate Overhead
* Mountain Climbers
* Double Battle Rope Slam
* Front Toe Touches

Week of 12/2: 20sec on, 20sec switch

Week of 12/9: 20sec on, 15sec switch

Week of 12/16: 30sec on, 15sec switch

Continue with squats, lunges, and pushups throughout the break.

Week of 1/6: 30sec on, 15sec switch

Week of 1/13: 35sec on, 15sec switch

Week of 1/20: 40sec on, 15sec switch

Week of 1/27: 45sec on, 15sec switch

Week of 2/3: 30sec on, 15sec switch (2sets)

Week of 2/10: 35secon, 15sec switch (2sets)

Week of 2/17: 35sec on, 15sec switch (2sets)

Week of 2/24: 40sec on, 15sec switch (2sets)

Week of 3/2: 45sec on, 15sec switch (2sets)