

## 2019 SUMMER WEEK 5 SCHEDULE

	LOCATION	VARSITY	EMERGING VARSITY	EMERGING ELITE	STRIDES & HILLS	AFTER THE RUN
<b>Monday</b> 7-1-19	OYO	60-65 min long run	55-60 min long run	45-55 min long run	2 Regular/2 Monster	SAM Phase 2 Hard
<b>Tuesday</b> 7-2-19	OYO	50-55 min easy	45-50 min easy	35-45 min easy	4 hill sprints	Core/Mobility
<b>Wednesday</b> 7-3-19	OYO	15 min wu 3 x 4 min tempo with 2 min easy between 15 min cd	15 min wu 3 x 4 min tempo with 2 min easy between 15 min cd	15 min wu 2 x 4 min tempo with 2 min easy between 15 min cd		Strength
<b>Thursday</b> 7-4-19	OYO	50-55 min easy	45-50 min easy	35-45 min easy		Core/Mobility
<b>Friday</b> 7-5-19	OYO	30-35 min easy	30-35 min easy	30 min easy	4 x 100 m	
<b>Saturday</b> 7-6-19	OYO	50-55 min easy	45-50 min easy	35-40 min easy		Strength
<b>Sunday</b> 7-7-19	Rest	Rest	Rest	Rest		

\*Pre-Run: Lunge matrix and leg swings

\*Post-Run: Rope Stretch