

SSA Winter Break

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>22</p> <p>Short Sprints:</p> <p>10x30 Second Strides</p> <p>* Smooth and focus on breathing*</p> <p>Long Sprints:</p> <p>Tempo 2x3x200</p> <p>*800 speed, look like a sprinter*</p> <p>2' between reps 4' between sets Boys – 27-30 Girls – 31-34</p> <p>Distance:</p> <p>Long Run – 15-20% of weekly mileage.</p> <p>6 x Strides</p>	<p>23</p> <p>Distance:</p> <p>3-6 Easy Miles depending on mileage goals.</p>	<p>24</p> <p>Shorts Sprints:</p> <p>5x200 – 4' Recovery. Boys - 27-29 Girls - 30 – 33</p> <p>Long Sprints:</p> <p>6x120 cutdown 6' recovery 1-2 @ 80% 3-4 @ 85% 5-6 @ 90%</p> <p>Distance:</p> <p>Mile Warmup</p> <p>10xHill Repeats (60-90 seconds)</p> <p>Mile CD</p>	<p>25</p> <p>Distance:</p> <p>3-6 Easy Miles depending on mileage goals.</p>	<p>26</p> <p>Short Sprints:</p> <p>3x Plyo Circuit 30 Sec Wall Sit 15 Air Squat 10 Jump Squat 50m Stride</p> <p>Long Sprints:</p> <p>3x30/60/90</p> <p>Think rhythm over top speed</p> <p>*Build, Transition, BOUNCE*</p> <p>1' of recovery for every 10 meters run (3', 6', 9')</p> <p>Distance:</p> <p>Mile Warmup</p> <p>2 Mile Tempo (5k pace)</p> <p>6 x Strides</p> <p>Mile CD</p>	<p>27</p> <p>Distance:</p> <p>3-6 Easy Miles depending on mileage goals.</p>
28	<p>29</p> <p>Short Sprints:</p> <p>10x30 Second Strides – Smooth and focus on breathing.</p> <p>Long Sprints:</p> <p>Tempo 2x3x200</p>	<p>30</p> <p>Distance:</p> <p>3-6 Easy Miles depending on mileage goals.</p>	<p>31</p> <p>Short Sprints:</p> <p>5x200 – 4' Recovery. Boys - 27-29 Girls - 30 – 33</p> <p>Long Sprints:</p> <p>6x120 cutdown</p>	<p>1</p> <p>Distance:</p> <p>3-6 Easy Miles depending on mileage goals.</p>	<p>2</p> <p>Short Sprints:</p> <p>3x Plyo Circuit 30 Sec Wall Sit 15 Air Squat 10 Jump Squat 50m Stride</p> <p>Long Sprints:</p>	<p>3</p> <p>Distance:</p> <p>3-6 Easy Miles depending on mileage goals.</p>

	<p>*800 speed, look like a sprinter*</p> <p>2' between reps 4' between sets Boys – 27-30 Girls – 31-34</p> <p><u>Distance:</u> Long Run – 15-20% of weekly mileage.</p> <p>6 x Strides</p>		<p>6' recovery 1-2 @ 80% 3-4 @ 85% 5-6 @ 90%</p> <p><u>Distance:</u></p> <p>Mile Warmup</p> <p>10xHill Repeats (60-90 seconds)</p> <p>Mile CD</p>		<p>3x30/60/90</p> <p>Think rhythm over top speed</p> <p>*Build, Transition, BOUNCE*</p> <p>1' of recovery for every 10 meters run (3', 6', 9')</p> <p><u>Distance:</u></p> <p>Mile Warmup</p> <p>2 Mile Tempo (5k pace)</p> <p>6 x Strides</p> <p>Mile CD</p>	
4	5 Back at Podium :)					
	<p>Hurdlers: Pick between SS and LS + Wall Drills 3x per week.</p> <p>Jumpers: Short Sprints</p>					

SSA Warmup:

Forward Arm Swing

Backward Arm Swing

Sideways Arm Swings

Backwards Lunge

Quad Pull

Froggers

Side Lunges Knee Hugs

Spider Lunge

Hamstring Scoops

Bird Feeders

Straight Leg Kicks

Leg Swings

~~Claw (Fence)~~

~~Switch (Fence)~~

Scissors

Form Walk

A Skip

B Skip

C Skip

Fast Leg

Toe Walk

Heel Walk

SL Pogo (Switch Halfway)

Pogos

Ankle Pops

Straight Leg Bound

Open Gates

Karaoke

Ankleing

Calving

High Knee

Butt Kicker (Stay front side!!)

Build Ups