

December 2016 -- Focus: Form and Aerobic

Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 Mileage Monday 40 minutes Nutrition Practice Study Hall	Weights <ul style="list-style-type: none"> • Snatch 4x5 • Rep Jerk 3x7 • Bench 3x10 • Squats-Deep 3x6 	30 minutes	Weight Room Circuit 20 minutes easy	30 minutes Core Circuit
Week 4 Mileage Monday 45 minutes Nutrition Practice Study Hall	Weights <ul style="list-style-type: none"> • Snatch 4x5 • Rep Jerk 3x7 • Bench 3x10 • Squats-Deep 3x6 Active Isolated Stretching	35 minutes 4 Grass strides -- <ul style="list-style-type: none"> • 20 seconds on • 60 seconds off 	Weight Room Circuit 20 minutes Easy Active Isolated Stretching	35 minutes 6 Grass strides -- <ul style="list-style-type: none"> • 20 seconds on • 60 seconds off Core Circuit
Week 5 Mileage Monday 50 minutes Nutrition Practice Study Hall	Weights <ul style="list-style-type: none"> • Snatch 4x5 • Rep Jerk 3x7 • Bench 3x10 • Squats-Deep 3x6 Active Isolated Stretching	40 minutes 4 Grass strides -- <ul style="list-style-type: none"> • 20 seconds on • 60 seconds off 	Weight Room Circuit 25 minutes Easy Active Isolated Stretching	40 minutes 6 Grass strides -- <ul style="list-style-type: none"> • 20 seconds on • 60 seconds off Core Circuit
Week 6 Mileage Monday 50 minutes Nutrition Practice Study Hall	Weights <ul style="list-style-type: none"> • Snatch 4x5 • Rep Jerk 3x7 • Bench 3x10 • Squats-Deep 3x6 Active Isolated Stretching	40 minutes 4 Grass strides -- <ul style="list-style-type: none"> • 20 seconds on • 60 seconds off 	Weight Room Circuit 30 minutes Easy Active Isolated Stretching	40 minutes 6 Grass strides -- <ul style="list-style-type: none"> • 20 seconds on • 60 seconds off Core Circuit

January 2016 -- Focus: Aerobic Tempo Training,

Monday	Tuesday	Wednesday	Thursday	Friday
		4 40 minutes easy 6 strides	5 weights	6 40 minutes easy 6 strides
9 50 minutes Mileage Monday Nutrition Practice Study Hall	10 weights	11 40 minutes easy 6 strides	12 weights	13 40 minutes easy 6 strides
16 55 minutes Mileage Monday Nutrition Practice Study Hall	17 weights	18 45 minutes easy 6 strides	19 weights	20 45 minutes easy 6 strides
23 Q1 workout 1 Mile E 4x200 R (2 min) 4x400 R (3 min) 2x200 R (2 min) 1 Mile E	24 weights	25 Q2 Workout 1 mile E 3 x mile T (1 min) 1 mile E	26 weights	27 1 mile E 4x200 R (1 min) 4x800 T (1 min) 2x200 R (2 min) 2 miles E

February 2016 -- Focus: Aerobic Tempo Training

Monday	Tuesday	Wednesday	Thursday	Friday
30 Q2 1 mile Warmup 20 minute Tempo 1 mile cooldown	31 Easy 7th hour Jog Ice Recovery Tutoring	1 Q1 Workout 1 mile warmup 3,x200 R (1 minute) 2x400 R (2 minute) 1x 600 R (3 minute) 2x200 R (2minute) 3,x200 R (1 minute)	2 Easy 7th hour + Jog Ice Recovery	3 Q3 1 mile Wmup 3x200 R(200) 1000m Tempo(3 minute) 1 mile Tempo (1minute) 2x200 Hard 1 lap cooldown
6 Q2 1 mile Warmup 3x 6 minutes Tempo (1 min) 1 mile cooldown	7 Easy 7th hour Jog Ice Recovery Tutoring	8 Q1 1 mile warmup 3x200 (200) 3x400(400) 3x200(200) 1 mile cooldown	9 Easy 7th hour + jog Ice Recovery	10 Q3 1 mile warmup 3x200 (200) 3x800(3 minute rest) 3x200(200) 1 mile cooldown
13 Q2 1 mile Warmup 25 minute Tempo 1 mile cooldown	14 Easy 7th hour Jog Ice Recovery Tutoring FIRST DAY WITH HOOP GIRLS? -- Meeting?	15 Q1 1 mile Warmup 4x200(200) 4x400(400) 3x200((200) 1 mile cooldown	16 Easy 7th hour + jog Ice Recovery FIRST DAY WITH HOOP GIRLS? -- Meeting?	17 Q3 1 mile warmup 4x200 R (2 min) 4x1000 Tempo(1 min) 4x200 R (2 minute) 1 mile cooldown
20 Q2 1 mile warmup 1 mile Warmup 4x 6 minutes Tempo (1 min) 1 mile cooldown	21 Easy 7th hour Jog Ice Recovery Tutoring	22 Q1 Workout 1 mile warmup 4,x200 R (1 minute) 3x400 R (2 minute) 1x 600 R (3 minute) Back down	23 Easy 7th hour + jog Ice Recovery	24 Q3 1 mile warmup 4x200 R (2 min) 4x1000 Tempo(1 min) 4x200 R (2 minute) 1 mile cooldown

March 2016 -- Focus: Race Pace Work

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1	2	3 Pre Meet - Holland Hall
6	7	8	9 Pre Meet - Jenks Trojan	10 Jenks Trojan Invite
13	14	15	16	17
20	21	22	23 Pre Meet - BA Classic	24 Broken Arrow Classic
27	28 Pre Meet - All City	29 TPS All City @ BTW	30	31

April 2016 -- Focus: Sub Race Pace Speed Work

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Pre Meet - Owasso	7 Owasso Relays
10	11	12	13	14
17	18	19	20 Pre Meet - Muskogee	21 Muskogee Track Classic
24	25	26	27	29

May 2016 -- Focus: State Qualifying. State Titles.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Pre Meet - Regionals
8	9	10	11 Pre Meet - State <Travel>	12 State - Day One
15 Pre Meet - Meet of Champions	16 Meet of Champions	17	18	19
22	23	24	25	26

2:50 - 3:00 - 2 Lap warmup

3:00-3:10 - Mobility, Group Stretching

3:10 - 3:40 - Drills

3:45 - 4:30 - Workout