

Practice

Thursday/Sunday

Warm up

- 2 laps
- 5 striders of 50's
- stretch

Running

Skills:

- 6 laps
- Jog the back of the EZ
- Sprint the straights

OL/DL:

- 6 laps
- Jog the straights
- Sprint the back of the EZ

Team:

- 4x60 backwards
- Stretch and cool down