

# Practice

*Tuesday/Saturday*

## Warm up

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

## Running

*Skills:*

- 10x100, 10s rest, skills **16s**
- rest 60s
- 8x80, 10s rest, skills **14s**
- rest 60s
- 6x60, 10s rest, skills **10s**
- rest 60s
- 4x40, skills **8s**, no rest, turn, line up and go

*OL/DL:*

- 10x80, no rest
- Stride 20 - Sprint 40 - Stride 20
- rest 30s
- 6x50, no rest
- Stride 10 - Sprint 30 - Stride 10
- rest 30s
- 4x20, no rest
- Stride 5 - Sprint 10 - Stride 5