“School Break Workout” Boys\* Girls ()

**Monday**

800 interval time under \*3:00 mins (3:45)

300 x 2 interval time \*48 secs (53 secs)

200 x 2 interval time \*28 secs (34 secs)

100 x 4 interval time \*15 secs (18 secs)

50 x 2 interval times \*7 secs (9 secs)

**Tuesday**

Light 10 minute jog at your own pace just make sure to continually run for 10 SOLID minutes

**Wednesday**

10 minutes 1 mile run with a 8 minute break in between followed by another 10 minute mile run.

**Thursday- Half Circuit**

400 interval under \*1:20 min (1:35)

300 x 1 interval time \*45 secs (52 secs)

200 x 1 interval time \*30 secs (35 secs)

100 x 2 interval time \*16 secs (19 secs)

50 x 1 interval time \*6 secs (8 secs)

**Friday OFF**

**Saturday- Half Circuit**

400 interval under \*1:20 min (1:35)

300 x 1 interval time \*45 secs (52 secs)

200 x 1 interval time \*30 secs (35 secs)

100 x 2 interval time \*16 secs (19 secs)

50 x 1 interval time \*6 secs (8 secs)

Rest time on

800’s 2:15

400’s 1:40

300’s = 1:20

200’s = 1:00

100’s = :45