**4-8x 45 second runs @ 80-85% effort with a recovery :90 slow jog. For girls this will be about 210 to 220meters/ for boys about 250 to 265 meters**

Recovery day 30 t0 45 minute jog with 6 striders on end

**6 to12x 200m @ 80% with a recovery of :90 slow jog recovery**

Recovery day 30 t0 45 minute jog with 6 striders on end

**6 to 12x 200m @ 80% with a recovery of :90 slow jog  40 to 45 for girls/ 38 to 32 for boys**

Recovery day 30 t0 45 minute jog with 6 striders on end

**8 to15x Long Hill sprint (80-120m) @ 85-90% effort with walk downhill recovery.**

**8-15x Long Hill sprint (80-120m) @ 80-85% effort with walk downhill recovery.**

 6X400 @ 85 for girls and 70 for boys