Track workouts 21-26

21st on track

10X100 @15 with a set of 15 pushups, crunches, incline pushups and dips between each rep…..hurdle stretches at the end

22nd rugby on 9th grade practice fields

25th on track 3X 300 X3……three sets of 300 descending form 50,45,40……….4 minute jog walk between each set…..good stretch after you finish

26th rugby on 9th grade practice fields