**Workouts for Holidays. FOR BOYS 400/800 DUDES**

**Start on Monday with day off in between workouts**

**Should be done as close to prescribe times as possible**

1. **1x(600,500,400,300,200) lactic acid build for endurance Monday 22nd/29th**

**Run 600 @:85 to:90 then walk back 300 meters**

**Run 500 @:70 to:75 then walk back 200 meters**

**Run 400 @:60 to:65 then walk back 100 meters**

**Run 300 @:40 to:45 walk back 100 meters**

**Run 200@:30 to:26 jog 8 to 10 minutes stretch**

1. **2X(4X150) flys (with 20 meter jog into top speed) Wednesday 24th/ 31st**

**After 150 jog very easy at 20 meters build to 150 mark then full speed 17.5 or less**

**walk curve jog straight between each interval**

**Do 4 followed by second set**

**In between sets walk 400 and jog 5 minutes**

1. **Matching descending 200 Friday 26th /Jan 2nd**

**2 sets of 200 descending from :32, :30, :28 :26 to :24 (or all out effort)**

**walk curve jog straight between each interval**

**400 walk jog between sets**

**10 minute cool and stretch after last set**

**4th day jog for 30 to 35 minutes repeat cycle**