**Workouts for Spring Break**

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

1. **2x(500,400,300,200) lactic acid build for endurance**

**Run 500 @:65to :70 then walk back 100 meters**

**Run 400 @:60 to :55 then walk back 100 meters**

**Run 300 @:42 to:35 then walk back 100 meters**

**Run 200 @:30 to :25**

**Rest cycle isfull recovery of 400 meter walk and 8to 10 minute jog**

 **Then repeat cycle**

**Rest Day**

1. **2X(4X150 flys with 20 meter jog into top speed)**

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

**Do 4 followed by second set**

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

**Repeat cycle**

**Rest Day**

1. **3(3x300) @:40 with 150 walk between each interval**

**4 minute jog and walk between each set**

**Example run 3 set 1 4minute walk jog**

**Run 3 set 2 4minute walk jog**

**Run 3 set 3 10 minute cool down and stretch**

**4minute walk jog**

**Rest Day**

1. **Matching descending 200**

**2 sets of 200 descending from :32, :30, :28 :26to :24**

**400 walk jog between sets**

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

**See you on the 17th**