**Workouts for Christmas Break (girls)**

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

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

1. **1x(,400,300,200,200.100) lactic acid build for endurance Monday 19/24th**

**Run 400 @:75 to:80 then walk back 200 meters**

**Run 300 @:50 to:60 walk back 100 meters**

**Run 200@:35 to:40 jog 8 to 10 minutes stretch**

**Run 200@:35 to:40 jog 8 to 10 minutes stretch**

**Run 100@17 or under………..jog for 10 minute stretch**

1. **2X(4X120) flys (with 20 meter jog into top speed) Friday 21st**

 **Jog very easy at 20 meters build to 120 mark then full speed 22 or less**

**walk curve jog straight between each interval**

**Do 4 followed by second set.**

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

**Finish with 10 minute jog and stretch**

1. **Matching descending 200 24th Monday**

**2 sets of 200 descending from :45, :40, :37 to :35, last all out effort (or all out effort)**

**walk curve jog straight between each interval**

**400 walk jog between sets**

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

**Every Sunday jog for 30 to 35 minutes**

1. **Wednesday 26th 1x(,400,300,200,200.100) lactic acid build for endurance Monday 19/24th**

**Run 400 @:75 to:80 then walk back 200 meters**

**Run 300 @:50 to:60 walk back 100 meters**

**Run 200@:35 to:40 jog 8 to 10 minutes stretch**

**Run 200@:35 to:40 jog 8 to 10 minutes stretch**

**Run 100@17 or under………..jog for 10 minute stretch**

**5) Friday 28th 3X(5x60 meters 7-8sec. with jog back go again)**

**100 meter jog in between sets**

**Sunday jog**

**6) Monday 31st 2 sets of 200 descending from :45, :40, :37 to :35, last one all out effort**

**walk curve jog straight between each interval**

**400 walk jog between sets**

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

**7) Wednesday 2nd 3X(5x60 meters 7-8sec. with jog back go again)**

**100 meter jog in between sets**

1. **8) Friday 4th 1x(,400,300,200,200.100) lactic acid build for endurance Monday 19/24th**

**Run 400 @:75 to:80 then walk back 200 meters**

**Run 300 @:50 to:60 walk back 100 meters**

**Run 200@:35 to:40 jog 8 to 10 minutes stretch**

**Run 200@:35 to:40 jog 8 to 10 minutes stretch**

**Run 100@17 or under………..jog for 10 minute stretch**