**Workouts for 17-21**

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

1. **1x(600,500,400,300,200) lactic acid build for endurance**

**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**

**Rest Day handoffs, jumps, blocks**

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 handoffs, jumps, blocks**

1. **Matching descending 200 (clean up hands and marks)**

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

**400 walk jog between sets**

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