Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 29-Dec 5	Off	Speed Tempo 4 X 600 Boys: 22.5 per 100M Girls: 25.0 sec 100M	Biomechanics on/50m off 1 laps meters stride meters jog	50m 2 50 50	Speed Endurance 10 X 100 Girls: 3 minute rest	Speed Strength 6 X 200m Hill (Sprint, rest jog back)	Off	Off
Dec 6-Dec 12	Off	Speed Tempo 4 X 600 Boys: 22.0 per 100M Girls: 24.5 sec 100M	Biomechanics 5 x flying 30 flying 50 100 (sprint stride sprint)	Endurance 15 Minutes of Running 8 X 100 strides walk curves	Home Meet	Off	Off
Dec 13-Dec 19	Off	Meet @ South Caldwell	Biomechanics conditioning on football field 3 set push-ups, berkies, mnt climbers, lock jumps lunges, 10 minute rest between sets	Speed Endurance 8 X 150 Girls: 5 minute rest 45 sec challenge	Speed Strength 6 X 150m Hill (Sprint, rest jog back)	Off	Off
Dec 20-Dec 26	Off	Speed Tempo 4 X 600 Boys: 21.5 per 100M Girls: 24.0 sec 100M	Biomechanics 60 Relay Running	5 5 x x 80	Endurance 15 Minutes of Running 8 X 100 strides walk curves	Speed Strength 6 X 150m Hill (Sprint, rest jog back)	Off	Off
Dec 27 - Jan 2	Off	Speed Tempo 4 X 600 Boys: 21.0 per 100M Girls: 23.5 sec 100M	Biomechanics x 30 50 Relay Running	5 5 x 5 x 70	Speed Endurance 10 X 100 Girls: 3 minute rest	Speed Strength 4 X 200m Hill (Sprint, rest jog back)	Off	Off
Jan 3-Jan 9	Off	Speed Tempo 4 X 600 Boys: 20.5 per 100M Girls: 23.0 sec 100M	Biomechanics on/50m off 1 laps meters stride meters jog	50m 3 50 50	Endurance 15 Minutes of Running 8 X 100 strides walk curves	Speed Strength 6 X 150m Hill (Sprint, rest jog back)	Off	Off
Jan 10-Jan16	Off	Speed Tempo 4 X 600 Boys: 20.0 per 100M Girls: 22.5 sec 100M	Biomechanics 5 x flying 30 flying 50 100 (sprint stride sprint)	5 x 5 X 200 4 x	Speed Endurance Boys: Girls: 10 minute rest	Speed Strength 3 X 300m Hill (Sprint, rest jog back)	Off	Meet @ UNC
Jan 17-Jan 23	Off	Speed Tempo 4 X 600 Boys: 19.5 per 100M Girls: 22 sec 100M	Biomechanics conditioning on football field 3 set push-ups, berkies, mnt climbers, lock jumps cross field 10 minute	Tempo Endurance 50-100-150-200-300- 350 Walk same distance for rest	Speed Strength 6 X 150m Hill (Sprint, rest jog back)	Off	LR Invite
Jan 24-Jan 30	Off	Speed Tempo 4 X 600 Boys: 19.0 per 100M Girls: 21.5 sec 100M	Biomechanics 5 x flying 30 flying 50 100 (sprint stride sprint)	Endurance 15 Minutes of Running 8 X 100 strides walk curves	Meet @ South Caldwell	Off	Off
Jan 31-Feb 6	Off	Home Meet	Biomechanics on/50m off 1 laps meters stride meters jog	50m 4 50 50	Speed Endurance 6 x 300 Girls: 10 minute rest 45 sec challenge	Speed Strength 4 X 250m Hill (Sprint, rest jog back)	Off	Off
Feb 7-Feb 13	Off	Speed Tempo 4 X 600 Boys: 18.5 per 100M Girls: 21 sec 100M	Biomechanics 5 x flying 30 flying 50 100 (sprint stride sprint)	5 x 2 X 450 Girls: 10 minute rest	Speed Endurance Boys: Girls: 10 minute rest	Speed Strength 6 X 150m Hill (Sprint, rest jog back)	Off	NCHSAA State Meet for those who Qualify