

DP Distance 2019 – Coach Micks – April 8 - 14

Monday drills + 800: 6-8/100(curves)/walk-jog 100
16/32: 6x150/walk-jog 150
 Tuesday pre-meet: easy run, drills, 6-8x(50easy-50stride)
 Wed (4/17) league meet at Santa Ynez
 Thu core + easy run
 Fri pre-meet: easy run, drills, strides
 Sat (4/20) County meet at Santa Ynez
 Sun off
 Mon drills + 800: 6-8/100(curves)/walk-jog 100
16/32: 6x150/walk-jog 150
 Wed (Apr24) League Final at San Marcos

800	Mo	Tue	Wed	Thu	Fri	Sa	Su	Mo
Josie	8x100(curves)1600>400/ wlk-jog 100 Cool down: 3M	3 + drills/ 8x50-50	V800,HJ	4	3 + drills/ strides	V16,HJ,4x4?	0	8x100(curves)1600>400/ wlk-jog 100 Cool down: 2M
Lizette Zoe Katie	8x100(curves)1600>400/ wlk-jog 100 Cool down: 3M	3+ drills/ 8x50-50	V800 V4x4	4	3+ drills/ strides	L=V16,8?,4x4 Z=V8,4x4 K=FS4,8,4x4	0	8x100(curves)1600>400/ wlk-jog 100 Cool down: 2M
London Ailee Kylie Emily	8x100(curves)800>400/ wlk-jog 100 Cool down: 2M	3+ drills/ 8x50-50	JV800 4x4	3	3+ drills/ strides	L=FS16,4x4 A/K/E=FS8, 4x4	0	6x100(curves)800>400/ wlk-jog 100 Cool down: 2M
Ariana Deanna Taylyn Stephanie	6x100(curves)800>400/ wlk-jog 100 Cool down: 1M	2+ drills/ 6x50-50	JV800	3	2+ drills/ strides	?	0	6x100(curves)800>400/ wlk-jog 100 Cool down: 1M
Grace Alva	6x100(curves)800>400/ wlk-jog 100 Cool down: 1M	2+ drills/ 6x50-50	JV800	3	2+ drills/ strides	?	0	6x100(curves)800>400/ wlk-jog 100 Cool down: 1M
16/32								
Molly Emmi Ella Estella Jessica	6x200(1600>800)/ walk jog 200 Cool down 3M	3 + drills/ 8x50-50	M=V32 Em=V16 El/Es/Js= JV16	4	3 + drills/ strides	Em=V32,4x4? M=V16,4x4? El=FS16,,4x4? Es/Js=V16	0	6x150(1600>800)/ walk jog 150 Cool down 2M