

Hilltopper Distance Spring Break Workouts

Mon 3-26	Tues 3-27	Wed. 3-28	Thurs 3-29	Fri 3-30	Sat. 3-31 or Sun 4-1
<p style="text-align: center;">Warm-Up 10 mins Flexes</p>	<p style="text-align: center;">Warm-Up 10 mins Flexes</p>	<p style="text-align: center;">Warm-Up 10 Mins Flexes</p>	<p style="text-align: center;">Warm-Up 10 mins Flexes</p>	<p style="text-align: center;">Warm-Up 10 mins Flexes</p>	<p style="text-align: center;">Warm-Up 10 mins Flexes</p>
<p style="text-align: center;">Workout: 50-70 mins with 1 Mile Hammer</p>	<p style="text-align: center;">Workout: 10-12 Newton Hills 400 Recovery Between or Find Other Hill</p>	<p style="text-align: center;">Workout: 40-50 mins Training Run</p>	<p style="text-align: center;">Workout: 12-20 400s Group 1 68-70 Group 2 72-75 Group 3 80-90 2 Min Rest Between including 2 Hammer 400s</p>	<p style="text-align: center;">Workout: 40-50 Training Run</p>	<p style="text-align: center;">Workout: 50-70 mins Training Run</p>
<p style="text-align: center;">Cool-Down: Flexes/Abs <u>Evening:</u> <u>20-30 Min</u> <u>Recovery Run</u></p>	<p style="text-align: center;">Cool-Down: 20-30 Min Run Flexes, Arms, Mabs</p>	<p style="text-align: center;">Cool-Down: 4-6 Build-ups Flexes, Fitness <u>Evening:</u> <u>20-30 Min</u> <u>Recovery Run</u></p>	<p style="text-align: center;">Cool-Down: 20-30 Min Run Flexes, Abs</p>	<p style="text-align: center;">Cool-Down: 4-6 Build-ups Flexes, Fitness <u>Evening:</u> <u>20-30 Min</u> <u>Recovery Run</u></p>	<p style="text-align: center;">Cool-Down: 4-6 Build-ups Flexes, Mabs,</p>