

**BERKELEY HIGH - SUMMER 2019 - SPRINTER & GENERAL CONDITIONING**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jun 2019	<b>17 1st Day Summer</b> 4 x 30m starts with 4 min rest; 4 laps in/out	<b>18</b> form runs 4 x 50m; 4 lap jog	<b>19</b> 6x150m build ups walk back rest; Plyos	<b>20</b> form runs 4 x 60m; 4 lap jog	<b>21</b> Crouch 6x90m (30m fast-30m jog- 30m fast) 5 min rest reps; 1 x 300m stride	<b>22</b> Trail Repeats x4	<b>23</b> Off
	<b>24</b> 5 x 30m starts with 4 min rest; 4 laps in/out; Plyos	<b>25</b> form runs 5 x 50m; 5 lap jog	<b>26</b> 7x150m build ups walk back rest; Plyos	<b>27</b> form runs 5 x 60m; 5 lap jog	<b>28</b> Crouch 6x90m (30m fast-30m jog- 30m fast) 5 min rest reps; 1 x 300m stride	<b>29</b> Trail Repeats x5	<b>30</b> Off
Jul 2019	<b>1</b> 6 x 30m starts with 4 min rest; 4 laps in/out; Plyos	<b>2</b> form runs 6 x 50m; 6 lap jog	<b>3</b> 8x150m build ups walk back rest; Plyos	<b>4 Independence Day</b> Off	<b>5</b> Crouch 6x90m (30m fast-30m jog- 30m fast) 5 min rest reps; 1 x 300m stride	<b>6</b> Trail Repeats x6	<b>7</b> Off
	<b>8</b> 4 x 30m starts with 4 min rest; 4 laps in/out; Plyos	<b>9</b> form runs 4 x 50m; 4 lap jog	<b>10</b> 6x150m build ups walk back rest; Plyos	<b>11</b> form runs 4 x 60m; 4 lap jog	<b>12</b> Crouch 6x90m (30m fast-30m jog- 30m fast) 5 min rest reps; 1 x 300m stride	<b>13</b> Trail Repeats x4	<b>14</b> Off
	<b>15</b> 2 laps in/out; 5 x 90m build-ups; Plyos	<b>16</b> 20 min fartlek run	<b>17</b> 4 x 200m Hill Reps walk 200m rec	<b>18</b> 4 laps in/out; 6 x 60m form strides	<b>19</b> 2 lap's ins and outs; 1 x 800; 3 x 150m build-ups jog back rec	<b>20</b> Trail Hill Repeats x4	<b>21</b> Off
	<b>22</b> 2 laps in/out; 6 x 90m build-ups; Plyos	<b>23</b> 25 min fartlek run	<b>24</b> 5 x 200m Hill Reps walk 200m rec	<b>25</b> 4 laps in/out; 6 x 60m form strides	<b>26</b> 2 lap's ins and outs; 1 x 800; 4 x 150m build-ups jog back rec	<b>27</b> Trail Hill Repeats x5	<b>28</b> Off
	<b>29</b> 2 laps in/out; 7 x 90m build-ups; Plyos	<b>30</b> 30 min fartlek run	<b>31</b> 6 x 200m Hill Reps walk 200m rec	<b>1</b> 4 laps in/out; 6 x 60m form strides	<b>2</b> 2 lap's ins and outs; 1 x 800; 5 x 150m build-ups jog back rec	<b>3</b> Trail Hill Repeats x6	<b>4</b> Off
Aug 2019	<b>5</b> 2 laps in/out; 4 x 90m build-ups; Plyos	<b>6</b> 20 min fartlek run	<b>7</b> 4 x 200m Hill Reps walk 200m rec	<b>8</b> 4 laps in/out; 6 x 60m form strides	<b>9</b> 2 lap's ins and outs; 1 x 800; 5 x 150m build-ups jog back rec	<b>10</b> Trail Hill Repeats x4	<b>11</b> Off
	<b>12 XC First DAY</b> 1 x 50m, 1 x 40m, 1 x 30m, 1 x 20m full rest; 3 x 150m build-ups walk back rec; Plyos	<b>13</b> 2 laps in/out; 8 x 200m strides 200m jog rec	<b>14</b> 4 x 300m Hill Reps 10 min rest	<b>15</b> 3 x 60m form runs on curve	<b>16</b> 3 x (20m build-up – 20m fly) full rest; 4 x 150m build-up walk back rec; Plyos	<b>17</b> Trail Repeats x6	<b>18</b> Off
	<b>19</b> 1 x 50m, 1 x 40m, 1 x 30m, 1 x 20m full rest; 3 x 150m build-ups walk back rec; Plyos	<b>20</b> 2 laps in/out; 8 x 200m strides 200m jog rec	<b>21</b> 4 x 300m Hill Reps 10 min rest	<b>22</b> 4 x 60m form runs on curve	<b>23</b> 3 x (20m build-up – 20m fly) full rest; 4 x 150m build-up walk back rec; Plyos	<b>24</b> Trail Repeats x6	<b>25</b> Off