**DISTANCE/MID-DISTANCE**

**CB SOUTH TRACK**

**WARM-UP ROUTINE**

10 minute run (last 1-2 minutes pick up)\*

Mobility Drills

2 x 60 accelerated striders

Hip Series/Hurdle Drills #

2 x 60 accelerated striders

Speed/Form Drills

4 x 150 accelerated striders with 50 m walk (around track)

**WORKOUT**

**COOL-DOWN ROUTINE**

5 minute run (last 1-2 minutes pick up)\*

2 x 100 striders

Mobility Drills

2 x 100 striders

Core/Strength/Hurdle Drills #

2 x 100 striders

Flexibility/YOGA

\* Extended WU- (20 minutes); Extended CD- (15 minutes)

# Alternate (2-3x a week for each protocol)