

**WEEKLY WORKOUT (3/11 – 3/16/24)**

**MONDAY – 3/11/24**

2 laps  
EDD's  
500, 300, 150, 400, 200, 110  
Lower Body  
600 Timed

**TUESDAY – 3/12/24**

2 laps  
EDD's  
10x 100 (50%)  
Blocks  
Hurdles  
Long Jump & Triple Jump  
Upper Body

**WEDNESDAY – 3/13/24**

**MEET**

**THURSDAY – 3/14/24**

2 laps  
EDD's  
10x Pole Sprint (60m)  
Long Jump  
600 Timed  
Lower Body

**FRIDAY – 3/15/24**

2 Laps  
EDD's  
6x 200  
Blocks  
Hurdles  
Triple Jump  
600 Timed  
Lower Body

**SATURDAY – 3/16/24**

2 Laps  
EDD's  
10x Fly 30m  
Stairs  
Hill (4)