

WEEKLY WORKOUT (3/18 – 3/23/24)

MONDAY – 3/18/24

2 laps
EDD's
2x 400 (hurdles)
1x 350 (hurdles)
1x 250
800M
Lower Body

TUESDAY – 3/19/24

2 laps
EDD's
10x 100 (Pole)
Blocks
100 Hurdles
Long Jump & High Jump
Upper Body

WEDNESDAY – 3/20/24

MEET

THURSDAY – 3/21/24

2 laps
EDD's
8x 150 (70%)
4x40M (sled)
800M
Lower Body

FRIDAY – 3/22/24

2 Laps
EDD's
10x 100 (Pole)
Blocks
100 Hurdles
Long Jump & High Jump
Upper Body

SATURDAY – 3/23/24

MEET