

**WEEKLY WORKOUT (3/4 – 3/9/24)**

**MONDAY – 3/4/24**

2 laps  
EDD's  
3x 250m  
3x 70m  
Blocks, Hurdle (300)  
400 Timed  
Lower Body

**TUESDAY – 3/5/24**

2 laps  
EDD's  
6x 100  
Blocks, Hurdle (100)(110)  
Hand-offs, Long Jump, Triple Jump  
Upper Body

**WEDNESDAY – 3/6/24**

**MEET**

**THURSDAY – 3/7/24**

2 laps  
EDD's  
8x Flying 30  
Sled 60m  
Lower Body  
499 Timed

**FRIDAY – 3/8/24**

2 Laps  
EDD's  
6x 200 Intervals  
Long Jump  
Hurdle  
Hand-off  
400 Ti med  
Upper Body

**SATURDAY – 3/9/24**

2 Laps  
EDD's  
Hill run 6x8)  
10x40m  
400m timed  
No weights