

WEEKLY SPECIAL TRAINING WORKOUT

Week # _____ / /

Hill Training Place: _____

Speed Workout Place: _____

Plyometric Workout Place: _____

Warm up: _____ (distance)

Cool Down: _____ (distance)

Stretching: 100% routine ½ hearted

Stretching: 100% routine ½ hearted

Ladder Drill or Fartlek by Distance or Time Intervals (your choice)

	Interval	Recovery	Recovery Dist		Interval	Recovery	Recovery Dist
#1	_____	_____	_____	#9	_____	_____	_____
#2	_____	_____	_____	#10	_____	_____	_____
#3	_____	_____	_____	#11	_____	_____	_____
#4	_____	_____	_____	#12	_____	_____	_____
#5	_____	_____	_____	#13	_____	_____	_____
#6	_____	_____	_____	#14	_____	_____	_____
#7	_____	_____	_____	#15	_____	_____	_____
#8	_____	_____	_____	#16	_____	_____	_____

Workout Quality: 😊 😐 😞 Degree of Difficulty: _____

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