

Buena Vista University Middle Distance
Practice Schedule for the week of 5/03/2021

Time	Who	What	Where	Supplementary Activities
Monday, May 3				
4:30pm	Middle Distance	4 miles easy		Strides/Stretch/Roll/Weights
Tuesday, May 4				
7:45am	Middle Distance	2m w/u, 3x600/300, 2m c/d		Strides/Push ups/sit ups/ stretch/roll
Wednesday, May 5				
4:30pm	Middle Distance	5 miles easy		strides/hurdles/plyos
		Women: 8:00, Men: 7:00		
Thursday, May 6				
7:45am	Middle Distance	4 miles pre-meet		Weights
Friday, May 8				
4:30pm	Middle Distance	Race Day		Strides/stretch/roll
		Women: 8:00, Men: 7:00		
Saturday, May 9				
8:00am	Middle Distance	7 miles easy		milly core
		Men: 6:50, Women 7:50		
Sunday, May 10				
8:00am	Middle Distance	OFF		Stretch/Roll
Extras: 30 Miles				

1. Everyone should hit 30 miles
2. Check up on your teammates. Make sure you are keeping them accountable. The only way we will have success is if we keep each other accountable for our training.
3. Please LOG YOUR RUNS!