

Buena Vista University Track and Field
Practice Schedule for the week of 5/03/2021

Time	Who	What	Where	Supplementary Activities
Monday, May 3				
4:30pm	Distance	7-8 Miles Easy		Strides/Weights
Tuesday, May 4				
7:00am	Distance	3 mile secondary run		Bands/Balance Drills
4:30pm	Distance	2 mile warm up, 1k repeats (5-6x1k), 4x200, 2 mile c/d		sit ups/push ups
Wednesday, May 5				
4:30pm	Distance	9 mile medium long run 6x1min on/1 min off		Hurdles and Plyos
Thursday, May 6				
4:30pm	Distance	5 miles easy		Stretch/Roll
Friday, May 7				
7:00am	Distance	2 mile shake out		Bands/Balance Drills
4:30pm	Distance	Race Day/Tempo for some		Strides/push ups/sit ups
Saturday, May 8				
8:00am	Distance	7 mile OYO		strides/Milly Core
Sunday, May 9				
8:00am	Distance	14-15 mile long run		Stretch/Roll
Extras: 61 Miles				

1. Should be around 61 miles this week.
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!**