

Buena Vista University Track and Field
Practice Schedule for the week of 5/10/2021

Time	Who	What	Where	Supplementary Activities
Monday, May 10				
4:30pm	Distance	OFF		Strides/Weights
Tuesday, May 11				
7:00am	Distance	3 mile secondary run		Bands/Balance Drills
4:30pm	Distance	2 mile warm up, 6x 2min on 1 min off, 4x200 2 mile c/d		sit ups/push ups
Wednesday, May 12				
4:30pm	Distance	7 mile medium long run 4x1 min on 1 min off		Hurdles and Plyos
Thursday, May 13				
4:30pm	Distance	4 miles easy		Stretch/Roll
Friday, May 14				
7:00am	Distance	2 mile shake out		Bands/Balance Drills
4:30pm	Distance	Race Day/pre meet for some		Strides/push ups/sit ups
Saturday, May 15				
8:00am	Distance	Conference		strides/Milly Core
Sunday, May 16				
8:00am	Distance	OFF		Stretch/Roll
Extras: Miles				

1. Should be around 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!**