



Sample Lesson Plans

Build Phase Sample #3

	Full	Modified	Full	Mod	
Warm-up	easy 10 min. jog, pre-stretch, form drills, claw, shin/calf walk		1	1	
Pre-set	2 laps of 4 strength drills: 1. crossover 2. backward run 3. side skip 4. lane leaping		0.5	0.5	
Main-set	<u>Intervals (m)</u> 800.....800..... 600....600....600....600..... 400.....400.....400..... 200m recovery between each interval.	<u>Intensity</u> easium medium mediard 200m recovery between each interval.	4.25	2.25	
Cool-down	easy 10 min. jog, post-stretch		1	0.5	
			Total Distance (miles)	6.75	4.25

Core Strength

1 minute each of the following exercises:

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|-------------------------------|-------------------|
| 1. straight leg lifts | 6. forearm plank |
| 2. bicycle | 7. drunk superman |
| 3. bound bridge with marching | 8. pushups |
| 4. left side | 9. cherry picking |
| 5. right side | 10. corkscrew |

Announcements & Education