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**Spring Break Workouts**

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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** |  |  |  |  |  |  |
| **Girls Workouts** | |  |  |  |  |  |
| **Date** | **Ages** | **Warmup** | **Distance** | **Times** | **Repetitions** | **Cool Down** |
| **15-Apr** | **6 to 8** | **2 Laps** | **600 Meters** | **3Mins 03Sec** | **4 to 5** | **2 Laps** |
| **15-Apr** | **9 to 10** | **2 Laps** | **600 Meters** | **2Mins 38Sec** | **6** | **2 Laps** |
| **15-Apr** | **11 to 12** | **2 Laps** | **600 Meters** | **2Mins 32Sec** | **6** | **2 Laps** |
| **15-Apr** | **13 to 14** | **2 Laps** | **600 Meters** | **2Mins 27Sec** | **6** | **2 Laps** |
| **15-Apr** | **15 to 17** | **2 Laps** | **600 Meters** | **2Mins 24Sec** | **6** | **2 Laps** |
|  |  |  |  |  |  |  |
| **Monday** |  |  |  |  |  |  |
| **Boys Workouts** | |  |  |  |  |  |
| **Date** | **Ages** | **Warmup** | **Distance** | **Times** | **Repetitions** | **Cool Down** |
| **15-Apr** | **6 to 8** | **2 Laps** | **600 Meters** | **2Mins 50Sec** | **4 to 5** | **2 Laps** |
| **15-Apr** | **9 to 10** | **2 Laps** | **600 Meters** | **2Mins 38Sec** | **6** | **2 Laps** |
| **15-Apr** | **11 to 12** | **2 Laps** | **600 Meters** | **2Mins 27Sec** | **6** | **2 Laps** |
| **15-Apr** | **13 to 14** | **2 Laps** | **600 Meters** | **2Mins 18Sec** | **6** | **2 Laps** |
| **15-Apr** | **15 to 17** | **2 Laps** | **600 Meters** | **2Mins 11Sec** | **6** | **2 Laps** |



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| **Wed** |  |  |  |  |  |  |
| **Girls Workouts** | |  |  |  |  |  |
| **Date** | **Ages** | **Warmup** | **Distance** | **Times** | **Repetitions** | **Cool Down** |
| **17-Apr** | **6 to 8** | **2 Laps** | **250 Meters** | **1Mins 00Sec** | **4 to 5** | **2 Laps** |
| **17-Apr** | **9 to 10** | **2 Laps** | **250 Meters** | **:57Sec** | **6** | **2 Laps** |
| **17-Apr** | **11 to 12** | **2 Laps** | **250 Meters** | **:50Sec** | **6** | **2 Laps** |
| **17-Apr** | **13 to 14** | **2 Laps** | **250 Meters** | **:47Sec** | **6** | **2 Laps** |
| **17-Apr** | **15 to 17** | **2 Laps** | **250 Meters** | **:45Sec** | **6** | **2 Laps** |
|  |  |  |  |  |  |  |
| **Wed** |  |  |  |  |  |  |
| **Boys Workouts** | |  |  |  |  |  |
| **Date** | **Ages** | **Warmup** | **Distance** | **Times** | **Repetitions** | **Cool Down** |
| **17-Apr** | **6 to 8** | **2 Laps** | **250 Meters** | **1Mins 00Sec** | **4 to 5** | **2 Laps** |
| **17-Apr** | **9 to 10** | **2 Laps** | **250 Meters** | **:53Sec** | **6** | **2 Laps** |
| **17-Apr** | **11 to 12** | **2 Laps** | **250 Meters** | **:47Sec** | **6** | **2 Laps** |
| **17-Apr** | **13 to 14** | **2 Laps** | **250 Meters** | **:45Sec** | **6** | **2 Laps** |
| **17-Apr** | **15 to 17** | **2 Laps** | **250 Meters** | **:41Sec** | **6** | **2 Laps** |

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| **Monday** | |  |  |  |  |  |
| **Distance Workouts** | | |  |  |  |  |
| **Date** | **Ages** | **Warmup** | **Distance** | **Times** | **Repetitions** | **Cool Down** |
| **15-Apr** | **9 to 10** | **2 Laps** | **800 Meters** | **3Mins 46Sec** | **6** | **2 Laps** |
| **15-Apr** | **11 to 12** | **2 Laps** | **800 Meters** | **3Mins 32Sec** | **6** | **2 Laps** |
| **15-Apr** | **13 to 14** | **2 Laps** | **800 Meters** | **3Mins 19Sec** | **6** | **2 Laps** |
| **15-Apr** | **15 to 17** | **2 Laps** | **800 Meters** | **2Mins 51Sec** | **6** | **2 Laps** |
|  |  |  |  |  |  |  |
| **Wed** |  |  |  |  |  |  |
| **Distance Workouts** | | |  |  |  |  |
| **3- 4 Mile Run** | |  |  |  |  |  |

**Thursday 3 mile run for all ages**