



MAURICE GREENE



ALISON FELIX

400m Sprinters - Elle D., Dylan M., Alyssa B., Reese K., Taylor C., Elizabeth M., Paris M., Nora T., Sophia H., Taylor S., Annie M. - Put in groups of four(4). Add anyone else that needs to be in this group.

5 X 150M AT 80% walk back

5 minutes rest

3 X 250M AT 80% walk back

All Sprinters, Hurdlers & Jumpers - Put everyone in groups of four(4) - Get out fast with head down for 15M drive phase.

3 x 75M AT 80% walk back

5 minutes rest

3 X 100M AT 80% walk back

5 minutes rest

3 x 150M AT 80% walk back

Note: The 400M group starts at the 400M start line. The Sprinters, Hurdlers and Jumpers start at the 100M start line.



ARIES MERRITT



KEMI HARRISON



MIKE POWELL & CARL LEWIS