**Sprint/Field Workouts**

**Week of 4/13**

**Monday**

15 min Abs

1 mile jog

Dynamic Warm up

Shin splint therapy

* Find an uneven surface.  Stand on one leg for 30 seconds, switch x3
* Calf raises 3x30 seconds
* Toe walking 3x30 seconds
* Heal walking 3x30 seconds

**All sprinters**

On a softer surface

**2 sets**

**50 Lunges (25/leg)**

**30 Calf Raises (30/leg)**

**25 squat jumps**

**60 second plank**

**40 push ups**

**40 squats**

**1 leg swinging squat jumps (20/leg)**

**30 dips**

Push up tag game on turf

Lifting lower body, medium weight, 10-12 reps

**Tuesday**

15 min Abs

800 m jog

Dynamic Warm up

Hamstring Therapy

* Extra straight leg bounds
* Kneeling Russian hamstring curls w/partner 3x60 seconds
* Rocking stretches and jumps

**100 m specialists**

6 x 400 m @ 100 % 3-5 min recovery

**200 m specialists**

8 x 400 m @ 100 % 3-5 min recovery

**300 m specialists**

8 x 400 m @ 100 % 3-5 min recovery finish over the last hurdle for the 300’s

**400 m specialists**

6 x 800 m @ 80-90% 3-5 min recovery

**All**

800 m Cool down

Static Stretch

Field events

**Wednesday**

15 min Abs

1 mile jog

Dynamic Warm up

Shin splint therapy

* Find an uneven surface.  Stand on one leg for 30 seconds, switch x3
* Calf raises 3x30 seconds
* Toe walking 3x30 seconds
* Heal walking 3x30 seconds

**100 m specialists**

8x50 m @ 100% 30 sec recovery

10 block starts 30 m

Relay exchanges

**200 m specialists**

5 x 100m @ 100% 1-2 min recovery

10 block starts 30 m (into the curve)

Relay exchanges

**300 m specialists**

5 x 150m @ 100% 1-2 min recovery

10 block starts 30 m (over the 1st hurdle)

Relay exchanges

**400 m specialists**

5 x 200m @ 100% 1-2 min recovery

10 block starts 30 m (into the curve)

Relay exchanges

Field Events

800 cool down

static stretch

**Thursday**

**Meet at home against Walled Lake Northern (All athletes should plan on staying until the end)**

**Post meet**

5 75 m accelerations on the turf

800 m cool down

static stretch

**Friday**

15 min Abs

1 mile jog

Dynamic Warm up

Shin splint therapy

* Find an uneven surface.  Stand on one leg for 30 seconds, switch x3
* Calf raises 3x30 seconds
* Toe walking 3x30 seconds
* Heal walking 3x30 seconds

**Balawajder practice day**