**Sprint/Field Workouts**

**Week of 5/4**

**Monday**

15 min Abs

1600 m 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**

5-50’s @ 100% 60 sec recovery between

2 x 100 m @ 100 % 5 min recovery

**200 m specialists**

1X100 @ 100% 60 sec recovery between

2 x 200 m @ 100 % 5 min recovery

**300 m specialists**

1-300 @ 100 % 5 min recovery

2 x 200 m @ 100 % 5 min recovery finish over the last hurdle for the 300’s

**400 m specialists**

1 450 @ accelerated build up, last 50m should be @ 100% 5 min recovery

2- 200’s @ 100 % 5 min recovery

All Sprints

Blocks

Relays exchanges

field events

800 cool down

static stretch

**Tuesday**

**Meet @ Milford Senior Night!**

Post meet

-800 cool down on turnf

10 min abs

Static Stretch

**Wednesday**

-15 min Abs

-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

Down hill accelerations by baseball field x 4

Field events

Relays

Blocks

800 m cool down

Static stretch

**Thursday**

-5 min Abs

-800m 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**

5 blocks out 30 m

relay exchanges

**200 m specialists**

5 blocks into the curve out 30 m

relay exchanges

**300 m specialists**

5 blocks over the first hurdle

**400 m specialists**

5 blocks into the curve 30 m

relay exchanges

All

-800 m cool down

-Field Events

-Static Stretch

**Friday**

Regionals (If not running in regionals, do 20 min jog and static stretch. Try to make it to Milford to help support those that are running)