**Sprint/Field Workouts**

**Week of 5/4**

**Monday**

15 min Abs

1600 m jog

Dynamic Warm up

**100 m specialists**

2 50’s @ 100% 60 sec recovery between

4 x 200 m @ 100 % 5 min recovery

**200 m specialists**

2 50’s @ 100% 60 sec recovery between

4 x 200 m @ 100 % 5 min recovery

**300 m specialists**

1-400 @ 100 % 5 min recovery

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

**400 m specialists**

1 400 @ 100 % 5 min recovery

3- 200’s @ 100 % 5 min recovery

800 cool down

field events

static stretch

**Tuesday**

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

**All Sprints**

-Down hills by freshmen baseball fields, if dry. If wet, use down hill by the pole vault pit. If practice is inside, use accelerations across gym floor X 8.

-Block starts out 30 m

-Relay exchanges

-Field Events

1600 m cool down

Static Stretch

**Wednesday**

-Meet @ Home against Kettering.

-Post meet work out. 800 m jog on turf (without shoes if warm and dry)

-10 min ab work out

-Long static stretch as team (ALL SPRINTERS MUST ATTEND!!!)

**Thursday**

-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**

-25 m 30 sec rec @ 100 %

-50 m 60 sec rec @ 100 %

-100 m 2 min rec @ 100 %

200 m 4 min rec @ 100 %

**200 m specialists**

-50 m 60 sec rec @ 100%

-100 m 2 min rec @ 100 %

-200 m 4 min rec @ 100 %

-300 m 5 min rec @ 100 %

**300 m specialists**

-150 m x 3 min rec @ 100% Finish over last hurdle and sprint up the stairs by finish line

-300 m x 4 min rec @ 100 % Finish over last hurdle

-400 m x 5 min rec @ 100 % FInish over last hurdle

-150 m @ 100 % Finish over the last hurdle

**400 m specialists**

-200 m x 4 min rec @ 100 %

-400 m x 5 min rec @ 100 %

-600 m x 6 min rec @ 85-90%

-200 m @ 100 %

-800 m cool down

-Field Events

-Static Stretch

**Friday**

800 m warm up

15 min abs

Dynamic

-Down hills by freshmen baseball fields, if dry.

-Block starts out 30 m

-Relay exchanges

-Field Events

1600 m cool down

Static Stretch

Field Events

Relay exchanges

**Saturday**

Conference meet @ Pinckney

(if not competing in conf meet go for 20 min jog)