**Sprint/Field Event**

**Workouts Week of 3/16/15**

**Monday**

2:30-2:45 Abs

2:45-3:00 8 lap warm up (Or 3 lap warm up outside)

3:00-3:02 Water Break

3:02-3:20 Dynamic Warm up

3:20-3:30

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

**3:30-4:15**

**100 m specialists**

10 70 m sprints at 100%

-3 min recovery

Hurdlers grab one hurdle and do the first flight

-10 block starts out 30 m

**200 M specialists**

8 150 m sprints at 100%

-3 min recovery last

-10 Block starts into the curve out 30 m

**300 M specialists**

6 250 m sprints at 90% go over the first and last flight

3 min recovery

-5 block starts over the first hurdle

**400 M specialists**

6 350 m sprints accelerating but running the last 200m at 100%

3 min recovery

-5 block starts in to the curve

**4:15-4:30**

**Team 800 m jog for cool down and static stretch**

**Tuesday**

**2:30-2:40** Abs

**2:40-2:50** 3 lap warm up

**2:50-2:52** Water Break

**2:52-3:10** Dynamic Warm up

**3:10-3:20**

**Hamstrings**

* Extra straight leg bounds
* Kneeling Russian hamstring curls w/partner 3x60 seconds

**3:20-4:00**

All relays for Wednesday should work exchanges

If racing tomorrow see coach Browne for adjustment

**100m specialists**

1x 30m @ 100% 30 sec recovery

1x50m @ 100 % 60 sec recovery

1x75 m @ 100% 60 sec recovery

1x100 @ 100% 2 min recovery

2x 150 @ 90% 3 min rec.

1x 50 @ 100% 60 sec rec.

1x30 @ 100%

5 Block starts out 30 m

**200m specialists**

1x75m @ 100% 60 sec recovery

1x100m @ 100% 2 min recovery

1x200m @ 100% 3 min recovery

2x250 @ 90% 3 min rec.

1x100m @ 100%

5 blocks into the curve

**300m specialists**

1x150m @ 100% 60 sec rec

1x200 m @ 100% 60 sec rec

1x300 m @ 100% 3 min rec

2x350m @ 90% 3 min rec

1x200m @ 100%

5 blocks over first hurdle

**400 m specialists**

1x200m @ 100% 60 sec rec

1x300 m @ 100% 2 min rec

1x400 m @ 100% 3 min rec

2x500m @ 90% 4 min rec

1x300m @ 100%

5 blocks into the curve

**4:00-4:30 Weight Training**

**4:30-4:40 Stretch**

**Wednesday**

**2:30-2:40** Abs

**2:40-2:50** 3 lap warm up

**2:50-2:52** Water Break

**2:52-3:10** Dynamic Warm up

**3:10-3:20** 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

3:20-4:00

100 m runners:Push up position to 50 m at 100% x10 10 sec recovery

200 m: Push up position to 75 m at 100 % x 10 15 sec recovery

300 m:Push up position to 100 m at 100 % x 8 20 sec recovery

400 m:-Push up position to 150 m at 100% x 8 25 sec recovery

4:00-4:15 1 mile jog (easy)

4:15-4:30 Static Stretch

**Thursday**

**2:30-2:40** Abs

**2:40-2:50** 3 lap warm up

**2:50-2:52** Water Break

**2:52-3:10** Dynamic Warm up

**3:10-3:20** 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

**Recovery Day**

3:20-4:00

**100m/200m specialists**

4 lap jog, easy

5x75 m accelerations on turf, shoes off

dips on bleachers, 60 seconds x 2

Push ups, burn out x 2

**300/400m specialists**

6 lap jog, easy

5x75 m accelerations on turf, shoes off

dips on bleachers, 60 seconds x 2

Push ups, burn out x 2

Team 2 lap jog easy

-Team static stretch

**Friday**

2:30-2:45 Abs

2:45-3:00 8 lap warm up (Or 3 lap warm up outside)

3:00-3:02 Water Break

3:02-3:20 Dynamic Warm up

3:20-3:30 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

3:30-4:05 Circuit work (keep repeating the circuit until 4:05)

**100 m runners**

200 m acceleration

20 push ups

20 lunges

20 squats (10/leg)

20 calf raises (20/leg)

20 leg lifts

60 second plank

10 burpees

**200 m runners**

250 m acceleration

20 push ups

20 lunges

20 squats (10/leg)

20 calf raises (20/leg)

20 leg lifts

60 second plank

10 burpees

**300/400m**

400 m acceleration

20 push ups

20 lunges

20 squats (10/leg)

20 calf raises (20/leg)

20 leg lifts

60 second plank

10 burpees

4:05-4:10 water

4:10-4:30 Field Event work

800 cool down

static stretch