**Sprint/Field Workouts**

**Week of 4/20**

**Monday**

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 300 m @ 100 % 3-5 min recovery

**200 m specialists**

8 x 300 m @ 100 % 3-5 min recovery

**300 m specialists**

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

**400 m specialists**

1-1000 @ 75% 5 min rec.

1-800 @ 80 % 4 min rec.

1-600 @ 90 % 3 min rec.

1-400 @ 100 % 3 min rec.

1-300 @ 100 % 2 min rec.

1-200 @ 100 % 2 min rec.

1-100 @ 100 %

**All**

800 m Cool down

Static Stretch

Field events

**Tuesday**

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

**3 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**

15 50’s

Lifting lower body, medium weight, 3 sets 8-10 reps

**Wednesday**

**Meet @ WLC Bus time 2:30. 3 busses going. 2 returning. (All athletes should plan on staying until the end)**

Sprints post meet:

800 cool down

15 min abs, 60 squats, 60 lunges

Stretch

**Thursday**

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 specialists**

1-50 @ 100%

1-75 @ 100 %

1-100@ 100 %

1-75 @ 100%

1-50 @ 100% All on the turf if possible

Lifting lower body, medium weight, 3 sets 8-10 reps

**200 Specialists**

5-100’s 60 sec recovery on turf if possible

Lifting lower body, medium weight, 3 sets 8-10 reps

**300 Specialists**

5-150’s 60 sec. recovery on turf if possible

Lifting lower body, medium weight, 3 sets 8-10 reps

**400 Specialists**

5-200’s 60-90 sec recovery on turf if possible

Lifting lower body, medium weight, 3 sets 8-10 reps

**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

**Relay exchange and field event work for Coaches Invite**

10-75 m acceleartions on the turf

Block starts

800 cool down

Stretch