Sprint/Field Workouts

Week of 4/6

**Monday Track open 11-1**

10 min Abs

1 mile jog

Dynamic Warm up

Hamstring Therapy

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

**100/200 m specialists**

On a softer surface

**4 sets**

**20 Lunges (20/leg)**

**20 Calf Raises (20/leg)**

**20 squat jumps**

**60 second plank**

**40 push ups**

**20 squats**

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

**30 dips**

5 x 50 m @ 100 %

Lifting all lower body heavy

**300/400m specialists**

200 m repeats x 6 on softer surface if possible. (Beach, soccer field, baseball field, whatever is around)

Weight room

All lower body heavy and core

**Field Events if at the track**

**Tuesday (Practice for those in town at the track from 11-1)**

10 min Abs

1 mile jog

Warm ups

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

6 x 300 m @ 100 % 3-5 min recovery between each

200 m specialists

5 x 400 m @ 100 % 4-5 min recovery between each

300 m Specialists

5 x 500 m @ 100 % 5min recovery between each

400 m Specialists

1200 m @ 75% 6-7 min recovery

4 x 600 m @ 100 % 5 min recovery

Weight room heavy weight low rep lower body

Long stretch

**Wednesday (Practice for those in town at the track from 11-1)**

10 min Abs

1 mile 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**

14 x 50 m @ 100 % (no spikes) 30-45 sec recovery

10 block starts out 30 m (with spikes)

**200 m specialists**

8 x 100 m @ 100 % (no spikes) 2 min recovery

10 block starts out 30 m into the curve (with spikes)

**300 m specialists**

8 x 150 m @ 100% set up the last hurdle for the 300’s (no spikes) 2 min recovery

10 block starts over the first hurdle (with spikes)

**400 m specialists**

8 x 200 m @ 100 % (no spikes) 2 min recovery

10 block starts out 30 m into the curve (with spikes)

**All**

Field events

Weight room (upper body)

**Thursday (Practice for those in town at the track from 11-1)**

15 min Abs

800 m jog

Warm ups

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**

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

Field Events

Static Stretch

**Friday (Practice for those in town at the track from 11-1)**

15 min Abs

1 mile jog

Dynamic Warm up

Hamstring Therapy

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

**All Sprinters**

3 sets

30 Lunges (30/leg)

30 Calf Raises (30/leg)

30 squat jumps

60 second plank

40 push ups

40 squats

30 dips

**All Sprinters**

2 sets of 10 reps up hill runs up the steep hill grass by the scoreboard. (If on vacation, run in the deeper sand, or uphill, if can’t find up hill run up and down a flight of stairs or bleachers)

**All Sprinters**

Weight room heavy weight low rep lower body

**All Sprinters**

5 Block starts

Field Events

**Saturday or Sunday**

20-30 min jog

Long stretch