**Sprint/Field Workouts**

**Week of 5/18**

**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

**4 200’s 5 min recovery Guys only**

**Girls strides and stretches**

All Sprints

Blocks

Relays exchanges

field events

1600 cool down

static stretch

**Tuesday**

**Meet @ Walled Lake Central**

Post meet

-800 cool down on turf

Static Stretch

**Wednesday (Upperclassmen not running in county Uniform Turn in)**

-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

**Freshmen and Upperclassmen finishing at County**

-Block starts x 6 out 30 m

-Field Events

-Relay Exchanges

**Sprinters running at States (Last chance to try to find a little speed for the big day)**

2 x 50 @ 100 % 60 second recovery

2 x 100 @ 100 % 3 min recovery

2 x 200 @ 100 % 5 min recovery

1x 400 @ 100 %

All

-800 m cool down

-Field Events

-Static Stretch

**Friday**

Oakland County Meet at Waterford Mott. (Those not running we would love your support at the meet. For underclassmen it is great to get out and see what the big meets are like first hand. Helps prep for when you will be in them. For those going to states this is a great tune-up day for the big show!)

**Saturday**

Freshmen Oakland County. Upperclassmen it’s always great when you pop in and support the frehsmen. Both guys and girls have great teams this year with chances to pull a lot of hardware from the meet!)