**Sprint/Field Event**

**Workouts Week of 3/09/15**

**Monday**

2:30-2:45 Abs

2:45-3:00 Attendance/team Mtg

3:00-3:20 Warm ups

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

Water break

Outside: 3:30-4:00

**100 m specialists**

75 m accelerations

* 75 m run starting from a push up position

**200 m specialists**

100 m accelerations

**300/400 m specialists**

* 200 m accelerations

4:00-4:10 Wall sits/lunge walks

4:10-4:20 Sharks and Minnows

-Team static stretch 4 lap cool down on track

**Tuesday:**

2:30-2:45 Abs

2:45-3:00 8 lap warm up on track

3:00-3:15 Hamstrings

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

3:15-3:17 Water

3:17-3:55

**100 m specialists**

5 sets

* 75 m run starting from a push up position
* 25 push ups
* 40 lunges
* 40 squats
* 20 calf raises
* 40 leg lifts
* 60 second plank

**200 m specialists**

5 sets

* 150 m run from a push up position
* 25 push ups
* 30 lunges
* 30 squats
* 20 calf raises
* 60 second plank

**300/400 m specialists**

4 sets

* 300 m run starting from a push up position
* 20 push ups
* 20 lunges
* 20 squats
* 20 calf raises
* 60 second plank

3:55-4:25 Weight room (Focus on lower body)

4:25-4:30 Team Static Stretch

**Wednesday**

2:30-2:45 Abs

2:45-3:10 8 lap warm up on track/agility warm up with ground exercises

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

3:22-3:55 **Outside**

**100 Runners:**

500 m @ 80 % x 2

300 m @ 90 % x 2

100 m @ 100 % x 5 Should start each interval when your heart rate reaches 120 BPM

**200 Runners**

600 m @ 80 % x 2

400 m @ 90 % x 2

200 m @ 100 % x 5 Should start each interval when your heart rate reaches 120 BPM

**300 Runners**

700 m @ 80 % x 2

500 m @ 90 % x 2

300 m @ 100 % x 4 Should start each interval when your heart rate reaches 120 BPM

**400 Runners**

800 m @ 80 % x 2

600 m @ 90 % x 2

400 m @ 100 % x 4 Should start each interval when your heart rate reaches 120 BPM

4:00-4:10

4 lap cool down inside

Team static stretch

**Thursday**

2:30-2:45 Abs

2:45-3:00 8 lap warm up on track

3:00-3:15 Hamstrings

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

3:15-3:50 **Outside**

**All sprints start at 120 BPM and from a push up position**

**100m- 50 m sprints x 15**

**200 m-100 m sprints x10**

**300 m- 150 m sprints x 8**

**400 m- 200 m sprints x 8**

3:55-4:20 Weight room- Lower body and core

Small group agilities with coach Browne

4:20-4:30 Team stretch