**Sprint/Field Event**

**Workouts Week of 3/23/15**

**Monday**

2:30-2:45 Abs

2:45-3:00 4 Lap warm up

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

**3:30-4:00**

**100/200 m specialists**

With coach Browne on the turf,

**3 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**

(Tennis Ball Chases)

4:00-4:30 Weight room All lower body heavy

**300/400m specialists**

200 m repeats x 6 (On Turf)

4:00-4:30 Weight room

4:00-4:30 All lower body heavy

**Field Events**

**Tuesday**

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

3:30-4:00

**100m runners**

6x 150m 100% 2 min recovery

100/110 hurdlers finish over the last flight of hurdles

**200 m runners**

6x 250 @ 100% 2:30 recovery

**300 m runners**

5 x 350 @ 100 % over the first and last hurdle

**400 m runners**

1000 m @ 80 % 4 min recovery

800 m @ 90 % 3 min recovery

450 m @ 100 % 2:30 recovery

400 m @ 100%

4:00-4:30

Relay exchanges

Field Event work

Cool Down

Static Stretch

**Wednesday**

2:30-2:45 Abs

2:45-3:00 4 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 Workout

**100m Specialists**

**Repeat the entire circuit 3 times**

50m x 5 @ 100% 45 sec recovery

30 squat jumps

20 single leg swing jumps (20/leg)

20 calf raises (20/leg)

25 Push ups

15 burpees

**200 m Specialists**

**Repeat the circuit 2 times**

100 m x 4 @ 100% 2 min recovery

25 squat jumps

20 single leg swing jumps (20/leg)

20 calf raises (20/leg)

25 Push ups

15 burpees

**300 m specialists**

**Repeat the circuit 2 times**

150 m x 4 @ 100 %  on turf2-2:30 min recovery

20 squat jumps

15 single leg swing jumps (15/leg)

20 calf raises (20/leg)

20 Push ups

10 burpees

**400 m specialists**

**Repeat the circuit 2 times**

200 m x 4 @ 100% on turf

20 squat jumps

15 single leg swing jumps (15/leg)

20 calf raises (20/leg)

20 Push ups

10 burpees

3:55-4:25 Weight room/field events

4:25-4:30 Stretch

**Thursday**

**2:30-2:45** Abs

**2:45-3:00** 4 lap warm up, staying mostly on the turf

**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

**3:30-4:55 Recovery day**

**-**8 x 75 m accelerations

-Partner up and work 4x1 and 4x2 exchanges

-Block starts with spikes out 30 m

-Field Events

**4:00-4:25**

Weight Room Heavy lift upper body and core.  (No lower body)

**Friday:**

4 min warm up

15 min. ab session

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

Hamstring injury prevention

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

Circuit Challenge: Timed

**100 m specialists**

4 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**

4 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**

3 sets

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