**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 m Specialists**

50 @ 100 % 45 sec recovery

100 @ 90 % 2 min recovery

200 @ 80 % 2 min recovery

100 @ 90 % 2 min recovery

50 @ 100 %.

**200 m Specialists**

100 @ 100 % 2 min recovery

200 @ 90% 2 min recovery

400 @ 80 % 4 min recovery

200 @ 90 % 2 min recovery

100 @ 100 %

**300 m Specialists**

150 m @ 100 % 2 min recovery

300 @ 90 % 3 min recovery

600 @ 75% 4 min recovery

300 @ 90 % 3 min recovery

150 @ 100 %

**400 m Specialists**

200 m @ 100 % 2 min recovery

400 m @ 80% 4 min recovery

800 m @ 75% 5 min recovery

400 m @ 80% 4 min recovery

200 m @ 100%

**4:00-4:30**

**Relay Exchanges**

**Block Starts**

**Field Events**

**Tuesday**

**Meet @ WLW**

**4 75 m accelerations, 1600 m cool down, stretch post meet**

**Wednesday**

**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**

Push Up Tag Game

4:00-4:30 Weight room lower body low impact higher weight

Long stretch

**Thursday**

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 Hamstrings

* Extra straight leg bounds
* Kneeling Russian hamstring curls w/partner 3x60 seconds

3:30-4:00

100 m specialists

6 x 200 m @ 100 % 2 min recovery between each

200 m specialists

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

300 m Specialists

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

400 m Specialists

1000 m @ 75% 5 min recovery

4 x 500 m @ 100 % 5 min recovery

4:00-4:30 Weight room heavy weight low rep lower body

Long stretch

**Friday**

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 m

10 x 75 m @ 100 % 6-90 sec recovery

200 m

8 x 100 m @ 100 % 90-120 sec recovery

300 m

7 x 150 m @ 100 % 2 min recovery

400 m

6 x 200 m @ 100 % 2-3 min recovery

4:00-4:30 Field event, 800 m cool down, static stretch, blocks, relay exchanges