

Sprint Workouts for Break

Each Day do your same warm up routine as we do at school or at meets....
800-1600 slow jog warm up, stretching, agility, high knee drills etc....that we do at school each day

Sprint Workout Schedule

Monday – Wednesday – Friday (All 3 Weeks)

Any drills your technique coach wants you to do.

This could be a great time to concentrate on your flexibility, strength, or technique that you can do at home. Email tech coaches if you need more information on ideas and drills to do at home.

All sprinters should do our speed improvement on these days.

A Skips (2x)

B-Skips (2x)

Straight Leg Skips (2x)

Quick RT leg and Quick LT Leg (2x)

Boom Boom Pow's (2x)

2-3x Accelerators (if possible)

Tuesday: Pyramid workout: Do for the next 3 Tuesday's during off time.

(100m, 200m, 300m, 200m, 100m, at goal pace for 400m max. recovery but no longer than 5 minutes ea. rep.)

PACE CHART: 400m Goal 50.0

100m 12.5 or under, 200m 25.0 or under, 300m 37.5 or under

400m Goal 52.0

100m 13.0 or under, 200m 26.0 or under, 300m 39.0 or under

400m Goal 54.0

100m 13.5 or under, 200m 27.0 or under, 300m 40.5 or under

400m Goal 56.0

100m 14.0 or under, 200m 28.0 or under, 300m 42.0 or under

400m Goal 58.0

100m 14.5 or under, 200m 29.0 or under, 300m 43.5 or under

400m Goal 60.0

100m 15.0 or under, 200m 30.0 or under, 300m 45.0 or under

400m Goal 64.0

100m 16.0 or under, 200m 32.0 or under, 300m 48.0 or under

400m Goal 68.0

100m 17.0 or under, 200m 34.0 or under, 300m 51.0 or under

**Choose 15 minutes of different core drills we do at the end of practice each day

Thursday **Week 1:** 6x 150m at 200m pace 4-5 Minute Rest in Between Reps

What is your goal for 200m... 22.0 for 200m is 16.5 for 150....28.0 for 200m is 21.0 for 150m

**Choose 15 minutes of different core drills we do at the end of practice each day

Week 2: Pyramid 2 x 100m, 2 x 150m, 2 x 100m

These should be at gut pace! Make sure you are fully warmed up.

**Choose 15 minutes of different core drills

Week 3: (Repeat Thursday week 1)

6 x 150m at 200m Pace

4-5 Min rest between reps.

**Choose 15 minutes of different core drills

Saturday Recovery Run/Bike (you choose)