

Sprinter/Hurdler/Jumper Workouts

Monday - March 16 (hard day) work on form and strength endurance and smooth running

Please do a warm up with the dynamic stretching and static stretching prior to workouts.

Sprinters/jumpers

1 x 500 - 5min rest

1x400- 4min rest

1 x 300 3 min rest

1x 200 timed - 3 min rest between

1 x 100 - 2min rest between

All Hurdlers (long and sprint hurdlers)

(do stretching and warm up drills with hurdles (instead of stretching with whole group)

1 x 500 with sprinters- 5min recovery

3 x 300 meter doubles - first 200 over 4 hurdles with 1min rest then.. last 200 over last 4 hurdles at race pace - 4min recovery

1 x 100 - 90%

Work on steps being aggressive. and finishing the race!!

Tuesday - March 17 (medium day)

Please do a warm up with the dynamic stretching and static stretching prior to workouts.

Tempo Runs - Sets -

100 - 200 - 100 x 4 sets 65% - workout acid from yesterday

Do Plyometric workout -

Medicine ball knee raises x 20 each leg

Front box jump x 20

Lateral box jump x 20 both sides

Lateral Box Shuffles – 1 x :30 seconds

Continuous Broad Jumps – 2 x 15

Scissor Jumps (jumping lunge) 1 x 15

Single Leg Bounding 1 x 20

Jog 1 lap – cool down & stretch muscles!!!

Sprint Hurdles (after stretching with group come stretch on hurdle and begin hurdle drills)

Advanced High Hurdles – Hurdle ladder - sets

1 x 1st Hurdle

1 x 3 Hurdle

1 x 4 hurdle

Do this set 3 times -

Then do...

100 - 200 - 100 x 2 sets

Then -

Do Plyometric workout -

Medicine ball knee raises x 20 each leg

Front box jump x 20

Lateral box jump x 20 both sides

Lateral Box Shuffles – 1 x :30 seconds

Continuous Broad Jumps – 2 x 15

Scissor Jumps (jumping lunge) 1 x 15

Single Leg Bounding 1 x 20

Jog 1 lap – cool down & stretch muscles!!!

Wednesday - March 18

Sprinters/jumpers/all hurdlers

Please do a warm up with the dynamic stretching and static stretching prior to workouts.

8 x 200 meters

Girls times - 36-38 seconds (obviously depending on kids ability...but looking for hard work)

boys times - 29-32 seconds (obviously depending on kids ability...but looking for hard work)

Thursday - March 19

Please do a warm up with the dynamic stretching and static stretching prior to workouts.

8x75m - Possibly in the dirt track? working on a quick explosion starts.

Strength: 2 sets each: 10 burpees with push-ups, 10-15 squats, 10-15 crunchy frogs, 10-15 flutter kicks

Jog 1 lap – cool down & stretch muscles!!!

Friday - March 20th.

Please do a warm up with the dynamic stretching and static stretching prior to workouts.

Sprinters/jumpers -

1 x 100 / 1 x 200 / 1 x 300 / 1 x 400 @ 90% speed!!

Hurdlers -

— 1 rep all-out over first 7 high hurdles from three-point stance, with the hurdles moved in one foot.

5min - rest

-1x200 all-out over first 5 intermediate hurdles

7min rest - repeat set

finish with 1 x 300 @90%

Jog 1 lap – cool down & stretch muscles!!!

Saturday/Sunday

Strength: 2 sets each: 10 burpees with push-ups, 10-15 squats, 10-15 crunchy frogs, 10-15 flutter kicks