

University of St. Thomas

Men's Track & Field

Training Schedule

General Preparation I

July-August, 2002

Event Group: Short Sprinter's and Hurdler's, Jumper's (100m, 200m, 110H)

Week	Day	Workout Units	Pace	Recovery	Type of Workout Objective
1	1	6 x 200 meters	70% of PR	125/140 HR	Aerobic - tempo
	2	Acceleration Drills 2 x 5 Hill Runs (steep)	5-8 Seconds	2-3 minutes	Speed - Acceleration
		or 2 (4x20m) falling starts	Full Speed	Same	
		Weight Training Day 1	10 reps		Hypertrophy
	3	Weight Training Day 2	10 reps		Hypertrophy
	4	Weight Training Day 3	10 reps		Hypertrophy
		Plyometrics			
2	1	8 x 100 meters	70% of PR	125/140 HR	Aerobic - tempo
	2	Maximum velocity drills			
		10 x 20m w/10m jog-in	Full Speed	3 minutes	Speed-maximum
		Cues: push/push/push			
		Weight Training Day 1	10 reps		Hypertrophy
	3	Weight Training Day 2	10 reps		Hypertrophy
	4	Weight Training Day 3	10 reps		Hypertrophy
		Plyometrics			
3	1	4 x 300 meters	70% of PR	125/140 HR	Aerobic-tempo
	2	Acceleration drills			
		2 x 6 hill runs (steep)	5-8 seconds	2-3 minutes	Speed-acceleration
		or 2 (5x25m) falling	Full	Same	

		starts	Speed		
		Weight Training Day 1	10 reps		Hypertrophy
	3	Weight Training Day 2	10 reps		Hypertrophy
	4	Weight Training Day 3	10 reps		Hypertrophy
		Plyometrics			
4	1	4 x 400 meters	70% of PR	125/140 HR	Aerobic-tempo
	2	Maximum velocity drills			
		10 x 30 meters w/10m jog-in	Full Speed	3 minutes	Speed-maximum
		Cues: push/push-fast/fast/fast			
		Weight Training Day 1	10 reps		Hypertrophy
	3	Weight Training Day 2	10 reps		Hypertrophy
	4	Weight Training Day 3	10 reps		Hypertrophy
		Plyometrics			
5	1	6 x 200 meters	70% of PR	125/140 HR	Aerobic-tempo
	2	Acceleration drills			
		3 x 5 Hill Runs (steep)	5-8 seconds	2 and 3 minutes	Speed-acceleration
		or 3(4x25m) falling starts	Full Speed	Same	
		Weight Training Day 1	8 reps		Elastic Strength
	3	Weight Training Day 2	8 reps		Elastic Strength
	4	Weight Training Day 3	8 reps		Elastic Strength
		Plyometrics			
6	1	2 (5x100 meters)	70% of PR	3' reps/ 5' sets	Tempo
	2	Maximum velocity drills			
		10 x 40 meters w/10 jog-in	Full Speed	2-3 minutes	Speed-maximum
		Cues: push/push/push-fast/fast/fast			
		Weight Training Day	8 reps		Elastic Strength

		1			
	3	Weight Training Day 2	8 reps		Elastic Strength
	4	Weight Training Day 3	8 reps		Elastic Strength
		Plyometrics			
7	1	5 x 300 meters	70% of PR	125/140 HR	Tempo
	2	Acceleration drills			
		3 x 6 Hill runs (steep)	5-8 seconds	3' reps/ 5' sets	Speed-acceleration
		Weight Training Day 1	8 reps		Elastic Strength
	3	Weight Training Day 2	8 reps		Elastic Strength
	4	Weight Training Day 3	8 reps		Elastic Strength
		Plyometrics			
8	1	4 x 400 meters	70% of PR	125/140 HR	Tempo
	2	Maximum velocity drills			
		4 (20-40-60m) w/10m jog-in	Full Speed	3' reps/ 5' sets	Speed-maximum
		Weight Training Day 1	8 reps		Elastic Strength
	3	Weight Training Day 2	8 reps		Elastic Strength
	4	Weight Training Day 3	8 reps		Elastic Strength
		Plyometrics			
		Cues:			
		20's: push/push/push 40's push/push/push - drive/drive/drive 60's p/p/p - d/d/d - hammer/hammer/hammer Changing speed: hammer - arms back stepping over knee			