

University of St. Thomas

Men's Track & Field

Training Schedule

General Preparation I

July-August, 2002

Event Group: Long Sprinter's and Hurdler's (400m, 400H)

Week Micro	Day	Workout Units	Pace	Recovery	Type of Workout Objective
1	1	6 x 200 meters	29-32 seconds	200m walk/HR 130	Endurance - tempo
	2	Acceleration Drills 2 x 5 Hill Runs (steep)	5 Seconds bursts	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	4 x 400 meters	68-74 seconds	300 meter walk
2		Maximum velocity drills			Speed-maximum
		2 (3x30m fly)	Full Speed	2-3 minutes	
		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	7 x 200 meters	29-32 seconds	200m walk

	2	2 x 6 hill runs (steep)	5 seconds	2-3 minutes	Speed-acceleration
		or 2 (5x25m) 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			
4	1	3 x 600 meters	1:55-2:04	203 minutes	Endurance-tempo
	2	2 (4x30m fly)	Full Speed		Speed-maximum
		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	8 x 200 meters	29-32 seconds	200m walk	Endurance-tempo
	2	3 x 5 hill runs (steep)	6 seconds	2-3 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	6 x 400 meters	68-74 seconds	300m walk	Endurance-tempo

	2	2 (3x60m Ins / Outs)	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			
7	1	9 x 200 meters	28-32 seconds	200m walk	Endurance-tempo
	2	3 (5x25m) falling starts	Full Speed	2-3 minutes	Speed-acceleration
		or 3 x 6 hill runs (steep)	6 seconds	3' reps/ 5' sets	
		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	3 x 600 meters	1:53-2:04	2-3 minutes	Endurance-tempo
	2	3 (3x60m Ins/Outs)	Full Speed	2-3 minutes	Speed-maximum
		Weight Training Day 1	8 reps		Elastic Strength
	3	Weight Training Day 2	8 reps		Elastic Strength
		Plyometrics			