

# **Sprinters Speed & Power Day Sample Workout**

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Here is a structured Speed/Power day workout that you can apply to your sprinters.

## **I. Dynamic Warm-up**

- 5-10 minute warm-up
- Loose skip
- Hurdle pushup
- Backwards loose skip
- Double leg plow
- Side shuffle
- Leg circles
- Side shuffle
- Lunge w/ twist
- Leg swings (front & lateral)
- Skips for height

## **II. Speed Drills**

A-skip  
A-run  
Backwards run  
Fast leg  
Accelerations 4x30m

## **III. Speed Workout**

Acceleration Workout  
3x 25 meters - push up (down position) start  
3x 25 meters - push up (up position) start  
3x 25 meters - seated (facing) 'forward' start  
3x 25 meters - seated (facing) 'backwards' start

## **IV. Plyometrics**

5 Double leg hops 4x6  
Single leg bounds 3x6 each  
Running alternating bounds 3x8

## **V. Weight Training**

Hang Cleans 5x3  
Deadlifts 4x4

Step-ups 4x4  
Dumbbell Snatch 5x3

## **VI. Core Training**

- Stabilization - static (hold each position 45 seconds - repeat 3 times)
- Swedish Abs:
- Plank position
- Side plank (on right side)
- Side plank (on left side)
- Bridge position

## **VII. Active Warm-down**

- All 2x 20 meters
- High knee walk
- Lunge w/ hamstring
- Lateral lunge
- Spiderman
- Inch worm

Exercises can be added or subtracted depending on what the goal of the workout is, but all of our speed/power days will be in this outlined form. Our core workouts change daily depending on what types of exercises we used the day before.

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