

Spring Break Workouts 2009

*You have worked hard for the past four weeks and are beginning to show the results of that work. If you do nothing for the nine days over break you will lose much of what you have gained. It takes about two days to make up every hard day of training lost. If you do 5 good workouts over the nine days you will come back refreshed and ready to go. **Remember your goals and make sure to get the training in so you can accomplish them ☺!***

For those who will be around part or all of Spring Break we will have a meet that everyone will compete in (multiple events! ☺) and organized practices on this Saturday and next Wednesday and Friday. Coaches may meet informally other times with interested athletes. **If you lose this paper, the information is on the track web site.** If you are experiencing lower leg pain, you should cross train 4-5 days over break by doing bike, swim, or elliptical workouts instead of running.

Sprinters (100-200-400) & Jumpers: Work out at least 5 times. 3 of your workouts should be hard running workouts, the others a bit easier. Do Core, warm up, and sprint drills every day. Do the strength circuit 3 times if you don't have lifting facilities. If you are on a beach do your workout in the sand.

SPRINTER WARM-UP 2009

Run 10 minutes (NO sprinter jog)

Ins and outs 25m each leg

Carioca (knee drive) (25m each leg)

Skipping arms circle 25m

Run 100m

Side slide (25m each direction)

High knees, Butt Kicks, 25m each

Run 60-80m

Dynamic stretching X10 each(knee pull, toe pull, forward lung, backward lunge)

3 x reach for sky (full body stretch up on toes)

3 way leg swings

Hamstring, Quad, and Calf stretching (on your own)

1 x 70m acceleration

High knees, A skip, B skip, Fast leg, Power skip

2 x 70m accelerations

100 & 200 RUNNERS Hard Days (pick from these options after your warm up)

- 20-40-60-60-40-20 sec. mod to fast pace. RI=1:30-2:00
- 8 x40 sec. sprints Mod to fast pace RI= 1:30-2:00
- 8-10 x 15sec. Sprints Fast !!! RI=3:00.
- 6 x30 sec. Sprints with a 2:00 minute rest. Mod-fast End with a 60 second sprint.

Strength Circuit Training

- Repeat this 3-4 times with 2 minutes between sets
- 20 prisoner speed squats
- 20 push-ups
- Side plank hip raisers
- 20 single leg squats – each leg
- 30 calf raises each leg
- 20 dips
- 20 tuck jumps

SPRINT DRILLS

High knees, butt kicks, carioca L & R, skip drill (push off toe), A skip, stationary pawing drill, fast leg.

If you run on back to back days, have one be longer slower sprints and the next be shorter and faster. You should throw in a couple of easy distance runs of 25-30 minutes during this time as well.

Middle Distance (400-800): Work out at least 5 times. 3 of your workouts should be hard. Do Core & stretch every day. Your workouts should be a mix of the longer sprint workouts and some of the shorter 1500-3000 workouts. Pick from these options:

1 or 2 DAYS OF SPEED

1. 10 x 60 sec. hard sprints, 2 min. recovery

- 4 x 2min and 4 x 1 min
- 90-60-30 seconds x 3
- 300-400-500-500-400-300
- 4 x 90 seconds hard (90 jog rest), followed by 4 x 35 seconds hard (2 min rest)
- 4x3min tempo with 1 min recovery/5min jog/4x40sec. hard with walk recovery

2 DAYS OF TEMPO WORK

1. - 3x4min tempo with 1min recovery/5min jog/4x40sec. hard with walk recovery
2. - 4min/3min/2min/90sec/60sec/30sec all with 2 min. recovery
3. - 2x3min/2x2min/2x1min/2x30sec all with 2 min. recovery
4. - Lift if possible

1 or 2 DAYS OF MIXED WORK

- 3X3 minutes tempo pace followed by 4x45 seconds hard. Then 10 minute build

Distance (1500-3000): Work out 5-7 times. 3 hard runs from the list below and 2 easy distance runs would be great. Tom will be in town and will lead runs on Monday, Wednesday and Friday. Pick from these options or options on the middle distance list:

- Day 1: TEMPO- 4x4 minutes with 1 minute recovery or 3x5 minutes with 1 minute recovery. Follow with 4x35 seconds hard.
- Day 3: FAST- 8x90 seconds hard with 2 minute recovery OR 12x1 minute hard/1 minute easy OR one of the runs from the 400/800 fast day list.
- Day 5: LONG- 65 minutes with 4x1 minute surges
- Days 2, 4, 6: these runs should be 35-45 minutes long at a moderate pace

Throwers:

- Lift if at all possible
- Do your ab stabilization work
- Do stairs, plyometrics, or short sprints

– Throw if you have access to equipment. Take something home with you over break!

In the event of an emergency:

Some of you will be in locations where it will be difficult to go out and run. If this is the case, anything you can do will be more beneficial than doing nothing. You could do plyometrics in the hotel room, run up and down the hotel stairs, swim, run on the beach, do some speed walking, jump rope, do mini-bands, step-ups or anything to get your pulse rate up for an extended period of time. You may need to be creative to get the work done to come back from break refreshed AND fit.