

Hello to the sprint squad!

We have all been in interesting and unforeseen times these past couple of weeks. I hope that you are all adapting to the new normal with grace and positivity. I encourage everyone to find some sort of silver lining through this time of social distancing. I for one have seen a lot more people outside exercising, families walking together, and members of the community stepping up for one another. I find that this time presents a great chance to practice empathy for each other because we are all going through this and we are all affected by it in some way, and that idea that we are all connected is comforting.

Sports provide us the opportunity to better ourselves as athletes, as teammates, and ultimately as people. I hope that you can find time in your days to fit in these workouts that Brouillard and I are prescribing. Although our time this spring season has been short we miss the opportunity to get better with you.

In addition to these workouts I challenge you each to two things. The first is to find one thing each day that you are grateful for and write it down. The second is to take 10 minutes a day to reach out to someone (a friend, relative, etc.) and check in via facetime or phone call.

Remember to always strive to be at your best for those around you...take care of yourself so you can take care of those who matter to you.

Happy Training,

Coach Fiore

## Monday 3/23

The predicted weather is cold and rainy. I want you guys inside.

Bodyweight circuit: Do exercises back to back rest at the end

20 pushups

20 burpees

20 squat jumps

15 pushups

15 burpees

15 squat jumps

10 pushups

10 burpees

10 squat jumps

5 pushups

5 burpees

5 squat jumps

Mobility Circuit:

[Lateral Hip Opener](#) 10x each side

[Shoulder Gators](#) 20x total

[Dynamic Chest Stretch](#) 10x total

Butterfly Stretch 30 seconds

[Single Leg Raises](#) 10x each leg

[Cat Cow](#) 30 seconds

[Clams](#) 12x each side

## Tuesday 3/24

### Speed Development Day

#### Warm up:

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

#### Work out:

6 x 30 second sprint at 85%

2 minute rest between reps

5 minute running cool down

\*\*\*Coaching Cue\*\*\* it is hard to get on a track right now so get on the roads and hit the watch.

You want to run quick and controlled focusing on form and breathing! Try and keep each rep the same or get faster as you go but don't go too hard keep it controlled.

#### Core:

Repeat 2 rounds (Do not rest between exercises/ Rest between sets)

[Bicycle Crunches](#) 30 seconds

[Reverse Crunch w leg extension](#) 30 seconds

[Dead Bug](#) 30 seconds

[Boat to Low Boat](#) 30 seconds

[Heel Touches](#) 30 seconds

Front Plank 30 seconds

Side Plank (both sides) 30 seconds each

## Wednesday 3/25

Max Velocity Day

### Warm up:

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.
- 20 jumping jacks, [20 lateral jumps](#), 20 jump rope jumps

### Workout:

4x 4 second all out sprint ([30 meter flys](#))

(build up to top speed, hold top speed for 3-4 seconds, decelerate slowly)

Rest 5 minutes between each sprint

### Cool Down:

Run 5 minutes

[Leg Swings](#)

## Thursday 3/26

Strength Day

Max Velocity Day

### Warm up:

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

### Work Out:

[Reverse Lunges](#)

[Body Weight Squat](#)

Push ups

[Lateral Lunge](#)

[High Plank Hold](#)

[Broad Jumps](#)

[Bounds](#)

[Hip Lifts](#)

### Cool Down:

Run 5 minutes

4x 15 second strides

## Friday 3/27

### Speed Endurance

#### Warm up:

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

#### Workout:

2x 30 seconds 2x20 seconds

Run as far as you can in 30 seconds rest **3 minutes** and do it again

Run as far as you can in 20 seconds rest **5 minutes** and do it again

#### Cool Down:

Run 5 minutes

#### [Leg Swings](#)

#### Core:

#### [Body Weight Squat](#)

Hip Bridge

#### [Hip Lifts](#)

Push ups

Burpees

[Clams](#) 12x each side

**Saturday 3/28**

Easy Endurance Run

Warm up:

[Leg Swings](#)

Workout:

Run 15-20 minutes at an easy pace

Cool Down:

Rope Stretches