

## Sprint Training

### Monday 3/16/2020-Speed Developments

Warm up: 1 lap jog & 2 laps (jog turns-strides straights)

\*rope stretch

\*drills (20 yds w/ 20 yd run out)

-high knees

-A skip

-straight leg bound

-super marios

-backward run

-high knee karaoke

Workout:

6x200 @ 85% w/ 50 walk 100 jog 50 walk rest

\*coaches cue-run quick & controlled try and hit the time each rep!

Cool down: 2 laps EZ running

\*leg swings

Core Strength:

2-3 circuits: rest 2 minutes between sets & no rest between reps)

20 pushups

20 body weight squats

30 second high bridge

30 second high plank hold

10 burpees

Tuesday 3/17/2020- Maximum Velocity

Warm up:

\*1 lap EZ jog, 2 laps 50 SPRINT 50 WALK

\*rope stretch

\*Drills (20 yd drill, 20 yd run out)

-high knees

-A Skip

-Straight leg bounding

-super marios

-backward run

-high knee karaoke

Workout:

4x40m flys / 5 minutes between reps

Coaches cue: 20m build 40m w/o 40m slow down (make sure you slow down every progression, don't stop on a dime)

Cool Down: 2 laps EZ jogging

-leg swings

Core: repeat 2-3x

Front Plank 30 seconds each side

Hip Bridge w/ pump 30 seconds

Suitcases 30 seconds

Bird dog 30 seconds

Wednesday 3/18/2020: Strength Day

Warm up: 3 laps w/ bleachers (up bleachers, skipping step)

\*rope stretch

\*Drills (20 yd drill, 20 yd run out)

-A skip

-High Knees

-straight leg bound

-super marios

-backward run

-high knee karaoke

Workout: Accelerations

Lay on your stomach: up and sprint 10-20m x2

Lay on your back: up and sprint 10-20m x2

Seated on ground: up and sprint 10-20m x2

Falling forward starts: fall & sprint 10-20m x2

Workout: Strength

Broad jumps 20m x2 (as far as you can)

Single leg bounds 20m X2 each leg (as far as you can)

Bounds 20m x2 (as far as you can)

20 burpees

20 squats

20 pushups

Cooldown:

1 lap EZ

Leg swings

Thursday 3/19/2020: Recovery EZ

Wam up: 1 mile

Rope stretch

Mobility Routine:

Fire hydrants 10x each leg

Donkey kicks 10x each leg

Hip circles 10x each leg both ways

Forward lunge w/ transit x10

Childs pose 30 seconds

Knee pulls 10x each leg

Foot pulls 10x each leg

Side lunges 10x each leg

3x100m strides

Cool Down: leg swings & 1 lap

## Friday: Speed Endurance

Warm up:

1 Lap easy/2 laps in and outs

\*Rope Stretch

\*Drills

- A skips,

-High Knees,

-Straight Leg Bound,

-Super Marios,

- Backwards Run,

-High Knee Karaoke

Workout:

run as far as you can for 40 seconds

Rest 5 minutes

Run as far as you can for 40 seconds (try and get farther than last time)

3x100m strides (smooth w/ good form)

Cool down:

1 lap EZ w/ leg swings

Core Strength:

2-3 circuits rest 2 minutes after doing all

20 pushups

20 squats

30 second hip bridge

30 second high plank hold

10 burpees

