

Spring Break Workouts

*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 on Tuesday and organized practices on this Saturday and next Thursday and Saturday. 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

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 lunge, backward lunge, RDL each leg), 3 x reach for sky (full body stretch up on toes), 3 way leg swings, Hamstring, Quad, and Calf stretching (on your own), 2 x 70m build up, High knees, Butt kicks, A skip, B skip, Fast leg.

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

- 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

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

1 or 2 DAYS OF MIXED WORK

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

Distance (800-3000): Ideally 5 or more runs with one of each of the following. The most important thing is to get runs in of 30 minutes or longer. I would emphasize this as a distance week rather than a speed week. It is a great time to reinforce your base. *Do core exercises every day and include either Big 10 or pedestal most days.*

Tempo Workout

- 10-15 minute warm up
- 3-5 x 4-5 minute tempo intervals with one minute recovery
- 10-20 minute cool down

Mixed Workout (if you ran a distance race on the Monday or Tuesday of spring break then you may omit this one)

- 10-15 minute warm up
- 1-2 x 3-4 minute tempo intervals with one minute recovery
- 4-6 x fast 30-40 seconds with 1-2 minute recovery
- 10-20 minute cool down

Long Run

- This is probably the most important and should be as long as your longest long run before spring break

CORE EXERCISES

WARMUPS		CIRCUITS		COOLDOWS		Lactate Circuits	
	Lunge Matrix		Pedestal		Ethyl		Blue Monk
1	Forward Lunge x 5	1	Tripod	1	Iron Cross x 20	1	Running Arms :60
2	Forward Lunge w/twist x 5	2	Side Plank	2	Scorpion x 20	2	Mtn Climbers in x40
3	Lateral Lunge x 5	3	Reverse Tripod	3	Army Crawls x 20	3	Swimmers :60
4	Reverse 45° Lunge	4	Side Plank	4	Mtn. Climbers x 20	4	Mtn Climbers out x40
5	Backwards Lunge	5	Pushup Position	5	Donkey Kicks x 15	5	Flutter V-sit :60
		6	Side Handstand	6	Donkey Whips x 8	6	Rockies x6
	IMB	7	Reverse Pushup	7	Fire Hydrants x 15	7	OHMB Squat x45
1	Side Shuffle x 20m	8	Side Handstand	8	Donkey Whips x 5	8	MB 1 leg plank :30
2	Fast Side Shuffle x 20m	9	Crunches	9	Knee Circles 2 x 8	9	MBHT x6
3	Single Leg Squats 3 x 10	10	Floor wipers	10	Leg Circles 2 x 8	10	MB 1 leg plank :30
				11	Bird Dog x 20	11	MBHT x6
	Myrtl		Back	12	Catback/Swayback x 10	12	Running Arms :60
1	Clams x 8	1	Op. Arm/Leg G'Mornings	13	Trail Legs 2 x 5		
2	Lateral Leg Raise 5 x 3	2	Good Mornings	14	Lat. Leg Swings 2 x 10		
3	Donkey kicks x 8	3	Prone Straight Leg Raises	15	Lin. Leg Swings 2 x 10		
4	Donkey whips x 8	4	Army Crawls	16	Trunk Circles 2 x 5		
5	Fire hydrants x 8	5	Straight Leg Lifts (on knee)	17	Hip Circles 2 x 5		
6	Knee circles x 8	6	Donkey Kicks				
7	Trail legs x 5 (two ways)	7	Straight Leg Circles		Cannonball		1st 20
8	Leg swings x 10 (lat & lin)	8	Sitting Push Kicks	1	Donkey Kicks x 10	1	MB HT x12
9	Bent knee leg swings	9	Sitting Bike	2	Scorpions x 20	2	Russian Hammies x50
		10	Good Mornings	3	Rockies x 5	3	Haybales x30
		11	Face First Snow Angel	4	Donkey Whips x 5	4	Run. Arms V-sit :60
		12	Swimmers	5	Army Crawl x 10	5	OHMB Squat x40
		13	5 Count Crunch & Hold	6	Iron Cross x 20	6	MB HT x12
		14	Side Crunch	7	Swimmers x 20	7	Haybales x30
		15	Cat Back Sway Back	8	Side Plank, leg lift x 5	8	Reverse Tripod :30
				9	Groiners x 20	9	Side Plank :30
				10	Hurdle Seat Ex. x 10	10	Tripod :30
				11	Leg Cycles x 5 each side	11	Side Plank :30
				12	Trail Legs x 5 (2 ways)	12	Iron Cross x20
				13	Leg Swings x 5 ditto	13	Scorpion x20
						15	Swimmers x20
	Neural Rooster #1		Leg Circuit			16	Army Crawl x20
	1 3x3 Single Leg Squats	1	Forward Lunge x 20		First Five	17	180-90 MB toe touch 30
	2 Lat leg swing L 1 x 10	2	Body Squats x 20	1	Knee-to-chest x 20	18	Donkey Kicks 20
	3 Quick Leg Cycle L 1 x 5	3	Step-Ups x 40	2	Knee-Grabber 2 x 10	19	Leg Raises 3x8
	4 Lateral leg swing R 1 x 10	4	Rocket Jumps x 5	3	Scissors x 20	20	Iron Cross x20
	5 Quick Leg Cycle R 1 x 5			4	Walking Quads x 20	21	Scorpion x20
	6 Linear Leg Swing 2 x 10			5	Lunge w/ Twist 2 x 10	22	Swimmers x20
	7 Gentle Butt kicks 20m					23	Army Crawl x20
	8 Quick Butt kicks 20m				+ 5		
				1	A Skips 2 x 10		
				2	B Skips 2 x 10		
				3	Leg Swings 4 x 10		
				4	Hurdle Mobility x 4		
				5	Strides x 4		