

2017 MVHS SPRINTS

Warm-up

2 Laps (Later in season will change to 100m fast, 100m slow for 3 laps)

Walking Drills - Do approx 20-25 meters then jog through the line

Hamstring

Quad

Knee hug straight

Knee hug 90

Lunge

Leg swing forward

Leg swing backward

Movement Drills - 20-25 meters, slowly increase speed of run

Fast high knees

Fast butt kicks

A-skips (rhythmic skip with alternating leg drive up and down)

B-skips (rhythmic skip with leg out and 'paw' ground)

C-skips (rhythmic skip with leg up then out to the side)

Karaokes

Backward run

Lean forward run x 2 (Sub in push-up and go run out 50/50)

Static stretch / roll 5 mins

Arms

Calves

Groin

Runners stretch (on one knee)

Hip/Butt

Hold fence leg swings forward and sideways

Anything else needing addressing

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WORKOUTS

SPEED ENDURANCE - (~1000M total) Longer recovery, faster runs. Incur o2 debt, lactic acid buildup. Develop high end speed, get body conditioned to performing on high for extended time (**Fridays**)

TEMPO ENDURANCE - Shorter recovery, slower pace, focus on rhythm, tempo and form. Quantity over quality when it comes to time i.e. hit slower goal consistently v. all-out. Helps increase oxygen uptake, shortens needed recovery time (**Mondays**)

STRENGTH ENDURANCE - Power move > 10 seconds, conditions body for longer powerful bursts of energy. Hills, stadium stairs, resistance running, rope runs 15s

POWER SPEED - Short runs under 10 seconds, all-out. Increases amount of time top speed is maintained - uphill usually

EVENT RUNNING - aka segment running. Event-specific work, aim to mimic race conditions, mindset and strategy. I.e. run 350, sprinting first 100 as in a competition 400

SPEED - 30 to 150m full speed. Long rest, high quality. 60s, 40s, 4x1 handoffs

STRENGTH - Plyos, weight lifting, explosive jumps

CORE EXERCISES

PLANK - side on elbow, side on hand, facedown on elbows/hands, up/downs

ON BACK: elbow to alternate knee, two legged leg raise, two legged leg raise with bump, single leg raise, legs straight out touch ground on alternating sides, v-ups, one legged v-ups, "C" hold (gymnast move)

ON SIDES: planks, straight leg vertical raise, plank w/ look-back, knee to chest, on ground: double leg raise, partner hold leg and upper body raise

FACING GROUND: leg raises, Supermans, Mt. Climbers, all fours elbow-knee touch, touch hand, elbow, shoulder, Alisha's, glute-circuit: on all fours, knee out to side, knee to chest, straight leg raise, bent leg raise

FEB BREAK WORKOUTS

Monday

- Warm-up + Walking drills for shins
 - 1) 100-200-300-400-300-200-100
 - Guys ~15-16s/100: Girls ~17-18s/100
 - Rest: 1 Min, 2 Min 4 Min, 6 Min, 4 Min, 2 Min, 1 Min
 - 2) On Turf If possible: 6 x 50M rolling start, focus on technique
 - 3) Glute Circuit: 12 x fire hydrant, knee to chest, straight leg, bent leg each leg
 - 4) 10min core exercises of your choice

Tuesday

- Warm-up + Walking drills for shins
 - 1) Plyometric Drills
 - Forward Lunge 20m, run 40m X 4
 - Backward lunge 20m, run 40m X 4
 - Low lunge 20m, run 40m X 4
 - Crab walk 20m, run 40m X 4 each direction
 - EMOM 10 Squats, 20 jumping jacks 10 minutes
 - 10,9,8,7,6,5,4,3,2,1 Burpees / Push-ups (Do 10 of each, then 9 of each....)
 - 4Mins of 30s on/30s off MT Climbers
 - 4mins of 30s on/30s off Inchworms
 - 2) 10min Core exercises of your choice

Wednesday

- Warm-up + Walking drills for shins
 - 1) Hills / stadium stairs
 - 8 long (Linda Vista stairs to playground)
 - 4 short (LV stairs to poop bag dispenser)
 - 2) Glute Circuit (See Monday #3)
 - 3) 10min Core exercises of your choice

Thursday

- Warm-up + Walking drills for shins
 - 1) Explosive Plyo exercises from week 2
 - 10s on/10s off 1 minute per exercise. 4 X Through with 4 min break between
 - Fast High Knees
 - Squat Jumps

- Plyo-push-ups (if you can)
- Jump Lunge (Split lunge)
- Fast jumping jacks
- 2) Burpee Circuit
 - 10s on/ 10s off 1 minute per exercise 3 X through - last set 20s on/10s off
 - Burpee normal no pushup
 - Burpee w/ pushup
 - Slow squat (catch your breath)
 - Burpee w/ Alisha's (legs out to side at the bottom)
 - Burpee w/ Mt Climber at the bottom
- 3) Chest/Arm Circuit
 - 10s on / 10s off 1 min Each X 4
 - Up/Down planks
 - Mt Climber
 - hand/elbow/shoulder touch
- 4) 10 Min Core of your choice

Friday

- Warm-up + walking drills for shins
 - 1) 2 X 350 Fast. 8 min rest between
 - 2) 2 X 250 Fast. 6 min rest
 - 3) 2 X 150 Fast. 5 min rest
 - HIGH QUALITY REPS FOCUS ON FORM AND TECHNIQUE
 - 4) Glute circuit (see Monday #3)
 - 5) 10min Core of your choice