

# 2017 MVHS SPRINTS

## Warm-up

2 Laps

Walking Drills (On Toes, on Heels, feet facing in, feet facing out)  
- Do approx 20-25 meters then jog through the line

### Walking Stretches

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)

High skips

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 o<sub>2</sub> debt, lactic acid buildup. Develop high end speed, get body conditioned to performing on high for extended time

**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

**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) 3x300 FAST 8 min rest
    - PACE 200m within 1s of PR, all out last 100
  - 2) 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) 12min core exercises of your choice

### Tuesday

- Warm-up + Walking drills for shins
  - 1) Plyometric Drills
    - Ladder / line drills
    - Tuck jumps 8 reps x 2 sets
    - Jump lunges for height 8 reps x 2 sets
    - Jump squats for height 8 reps x 2 sets
    - Standing broad jump for distance 8 reps x 2 sets
    - High skips 20 meters x 2 sets
    - Distance skips 20 meters x 2 sets
    - 10,9,8,7,6,5,4,3,2,1 / 1,2,3,4,5,6,7,8,9,10 Burpees / Push-ups (Do 10 burpees 1 pushup, 9 and 2, 8 and 3... until 1 and 10)
    - 4Mins of 30s on/30s off MT Climbers
    - 4mins of 30s on/30s off Inchworms
  - 2) 6 laps of 100m on, walk 100m, turf is fine if you can use it
  - 3) 12min Core exercises of your choice

### Wednesday

- Warm-up + Walking drills for shins
  - 1) 4x150m build-ups 50/75/95%
  - 2) 2x250
    - PACE: 200 w/in 1s of 200 PR, all out last 50
    - REST: 5 mins
  - 3) 2x150 All out, start in 3 pt stance work on acceleration and form. 3 mins rest
  - 4) 4x80m accelerators on turf

- 5) 4x40m accelerators on turf
- 6) Glute Circuit (See Monday #3)
- 7) 12min Core exercises of your choice

### **Thursday**

- Warm-up + Walking drills for shins
  - 1) Plyometric Drills
    - Ladder / line drills
    - Tuck jumps 8 reps x 2 sets
    - Jump lunges for height 8 reps x 2 sets
    - Jump squats for height 8 reps x 2 sets
    - Standing broad jump for distance 8 reps x 2 sets
    - High skips 20 meters x 2 sets
    - Distance skips 20 meters x 2 sets
    - 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) 6 laps of 100m on, walk 100m, turf is fine if you can use it
  - 3) Chest/Arm Circuit
    - 15s on / 15s 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) 1 X 350 Fast. 8min rest
  - 2) 4 x 200 short rest in between. Guys ~30s Girls ~33
  - 3) 2 X 150 Fast. 5 min rest
  - HIGH QUALITY REPS FOCUS ON FORM AND TECHNIQUE
  - 4) Glute circuit (see Monday #3)
  - 5) 12min Core of your choice