**Spring Break - Sprinters Workout**

Thursday:

6x20 yards alternate leg bounding
3x10 yards single leg bounding(3x10y each leg)
10x60m Sprints(starts)

Friday:

400m FULL SPEED/RACE PACE
200m FULL SPEED/RACE PACE
100m FULL SPEED/RACE PACE
50m FULL SPEED/RACE PACE
4min break between each run.

Monday:

250m(boys38sec/girls41sec)
200m (31s/34s)
150m (19s/22s)
100m (15s/17s)
-100m walking recovery between-
3 sets / 4 minute break between each set

Tuesday:

6x20 yards alternate leg bounding
3x10 yards single leg bounding(3x10y each leg)
10x60m Sprints(starts)

Wednesday:

250m(boys38sec/girls41sec)
200m(31s/34s)
150m(19s/22s)
100m(15s/17s)
-100m walking recovery between-
3 sets / 4 minute break between each set

Spring Break - Mid Distance

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| Monday 3/14 | * Team warm-up
* 4 x 400’s Fast pace
	+ If you don’t have access to a track, run for 60 seconds (boys) or 70 seconds (girls)
	+ 5 minute rest in between
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| Tuesday 3/15 | * Team warm-up
* 4 x 350’s Fast pace
	+ If you don’t have access to a track, run hard for 50 seconds (boys) or 60 seconds (girls)
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| Wednesday 3/16 | * Team warm-up
* 20 minute fast pace run
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| Thursday 3/17 | * Team warm-up
* 8 x Flying 250’s
	+ Target time 35 seconds for faster group, 45 seconds for slower group
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| Friday 3/18 | * Team warm-up
* 100-200-300-350-400-350-200-100
	+ If you don’t have access to a track, run for 15 seconds, 30 seconds, 50 seconds, 60 seconds, 70 seconds, 60 seconds, 50 seconds, 30 seconds, 15 seconds
	+ Pyramid
		- Rest is 1 min, 2 min, 3 min, 4 min, 5 min, 4 ½ min, 3 ½ min  , 2 min
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Distance Workouts - Spring Break

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| Monday 3/14 | * 50 min at your VDOT easy pace
* Cooldown: 4-6 100m strides on turf, stretch
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| Tuesday 3/15 | * Ladder: 400, 600, 800, 1000, 800, 600, 400
	+ If you don’t have access to a track, you can run for time instead. The times would be 1:30, 2:15, 3:00, 4:00, 3:00, 2:15, 1:30
* Your rest time should be however long it took you to run the previous rep (example: It took me 3:00 to run the 800, so now I rest for 3:00 before the 1000.)
* Cooldown: 10 minute recovery jog, stretch
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| Wednesday 3/16 | * 30 minute run - 1st 10 minutes at VDOT easy, middle 10 hard, last 10 minutes back at same easy VDOT pace. Try to match pace on the first 10 and last 10.
* 2x200m build ups
* Cooldown: Jog a lap and stretch
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| Thursday 3/17 | * 3x1 mile repeats (or 7 minutes if you don’t have a way to determine 1 mile)
	+ Take 5 minutes of rest in between
* Cool down: 4x100m strides on turf, jog a lap, stretch
* If you are in the Distance Festival on Friday, do NOT do this workout. Do our regular pre-meet day workout. 2 miles slow, 6 strides, and stretch.
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| Friday 3/18 | * 10 sets of 2 minutes fast, 1 minute slow (30 min run total)
	+ Start with 2 minutes fast, then do a very slow recovery jog for 1 minute and repeat 10 times without rest
* Cooldown: recovery jog on grass (2 laps), stretch
* If you are in the Distance Festival on Saturday, do NOT do this workout. Do our regular pre-meet day workout. 2 miles slow, 6 strides, and stretch.
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