**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 |
| 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) |
| Wednesday 3/16 | * Team warm-up * 20 minute fast pace run |
| Thursday 3/17 | * Team warm-up * 8 x Flying 250’s   + Target time 35 seconds for faster group, 45 seconds for slower group |
| 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 |

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 |
| 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 |
| 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 |
| 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. |
| 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. |