

Sprints - Salisbury University Track and Field

Week 1 Finals Week	<p>Speed Work: 4 x 100 build-ups 4 x 50 from fly 4 x 50 from stand 2 x 80 from fly</p> <p>PLYOMETRICS ***see second page (low intensity)</p>	<p>Long Sprints: 400 @ 85% (M – 56-58) (W – 70-72) 10 minutes rest 300 @ 85% (M – 40-42) (W – 51-53) 8 minutes rest 200 @ 90% (M – 25-26) (W – 29-30) 6 minutes rest 100 @ 90% (M - 12-13) (W – 14-15) 3 minutes rest Short Sprints: 250 @ 85% (M – 33-37) (W – 38-42) 7 minutes rest 200 @ 85% (M – 26-30) (W – 30-34) 6 minutes rest 150 @ 90% (M – 18-22) (W – 19-23) 5 minutes rest 2 x 100 @ 90% (M – 12-14) (W – 14-17) 3 minutes rest</p>	<p>30+ min workout (run or cross train)</p> <p>STATIC STRETCH CORE</p>	<p>Long Sprinters: 5 x 200s (Men 26-8, Women 30-32) 3:30 min set rest 4 x 150 (3:00 rest) @ tempo Short Sprinters: 7 x 150 (3:00 rest) @ 75%</p>	<p>16 minute fartlek run (1:30 off :30 on)</p> <p>PLYOMETRICS ***see second page (High intensity)</p>	<p>20-30 minute run</p>
Week 2 Holiday Week	<p>Speed Work: 3 x 20 meters (fly) 3 x 40 meters (fly) 3 x 60 meters (fly)</p> <p>PLYOMETRICS ***see second page (low intensity)</p>	<p>Long Sprinters: 1 x 500 (80%) M 78, W 90: 400 (85%) M 56, W 65, 300 (90%) M 39, W 44.5 3 x 200 (Men 30, 28, 26) (Women 35, 33, 31)</p> <p>Short Sprinters: 2 x 300 @ 85% 8 minutes rest, 4 x 150 @ 90% 6 minutes rest</p>	<p>30+ min workout (run or cross train)</p> <p>STATIC STRETCH CORE</p>	<p>10 x 150 @ 70%</p>	<p>12 hills (60 – 80 meters) w/ walk back recovery or 10 Stairs 1:00 on 1:00 off</p> <p>PLYOMETRICS ***see second page (High intensity)</p>	<p>20-30 minute run</p>
Week 3 New Years Week	<p>12 hills (60 – 80 meters) w/ walk back recovery or 10 Stairs 1:00 on 1:00 off</p> <p>PLYOMETRICS ***see second page (low intensity)</p>	<p>All Sprints 300 @ 85% 8 minutes rest 250 @ 90% 7 minutes rest 200 @ 90% 6 minutes rest 150 @ 90% 5 minutes rest 100 @ 90% 4 minutes rest 300 @ 90%</p>	<p>30+ min workout (run or cross train)</p> <p>STATIC STRETCH CORE</p>	<p>6-8 x 200 tempo (Men 26-8, Women 30-32)</p>	<p>20 minute fartlek run (1:30 off :30 on)</p> <p>PLYOMETRICS ***see second page (High intensity)</p>	<p>20-30 minute run</p>
Week 4	<p>4 x 40 from a fly 4 x 40 from blocks 2 x 60 from a stand 2 x 80 from a stand</p> <p>PLYOMETRICS ***see second page (low intensity)</p>	<p>Long Sprints: 5 x 300 @ 85% (M – 40-42) (W – 51-53) 8 minutes rest Short Sprints 150 @ 90% (M – 18-22) (W – 19-23) 5 minutes rest</p>	<p>30+ min workout (run or cross train)</p> <p>STATIC STRETCH CORE</p>	<p>Long Sprinters: 3 sets of 3x200 @ 70-75% (3 min rest) 5 min set rest Short Sprinters: 4 sets of 3x120 @ 75% (3 min rest) 5 min set rest</p>	<p>6 x 100 meter build ups</p> <p>PLYOMETRICS ***see second page (High intensity)</p>	<p>20-30 minute run</p>
Week 5	<p>4 x 100 build-ups 4 x 50 from fly 4 x 50 from stand 2 x 80 from fly</p> <p>PLYOMETRICS ***see second page (low intensity)</p>	<p>Long Sprints 350 @ 95% (thru 300 in M 37-8, W 43-4) full recovery (8-12 min) 250 @ 95% (thru 200 in M 23-4, W 27-9) full recovery (8-10 min) 150 @ 95% (fast) full recovery (6-8 min) 3 X 150 @ tempo (focus on good form) Short Sprints 250 @ 95% (thru 200 in M 23-4, W 27-9) full recovery (8-10 min) 150 @ 95% (fast) full recovery (6-8 min) 100 @ 95% full recovery (6-8 min) 3 X 150 @ tempo (focus on good form)</p>	<p>30+ min workout (run or cross train)</p> <p>STATIC STRETCH CORE</p>	<p>10 x 150 @ 70%</p>	<p>12 hills (60 – 80 meters) w/ walk back recovery or 10 Stairs 1:00 on 1:00 off</p> <p>PLYOMETRICS ***see second page (High intensity)</p>	<p>20-30 minute run</p>
Week 6	<p>4 x 40 from a fly 4 x 40 from blocks 2 x 60 from a stand 2 x 80 from a stand</p> <p>PLYOMETRICS ***see second page (low intensity)</p>	<p>Long Sprinters: 1 x 500 (80%) M 78, W 90: 400 (85%) M 56, W 65, 300 (90%) M 39, W 44.5 3 x 200 (Men 30, 28, 26) (Women 35, 33, 31)</p> <p>Short Sprinters: 2 x 300 @ 85% 8 minutes rest, 4 x 150 @ 90% 6 minutes rest</p>	<p>30+ min workout (run or cross train)</p> <p>STATIC STRETCH CORE</p>	<p>6-8 x 200 tempo (Men 26-8, Women 30-32)</p>	<p>6 x 100 meter build ups</p> <p>PLYOMETRICS ***see second page (High intensity)</p>	<p>20-30 minute run</p>

	<p>SUNDAY, JANUARY 24th</p> <p>First Day of practice. 3:30 PM SHARP @ Maggs</p>	<p>START every workout with a warm-up, dynamic stretch, and sprint drills.</p> <p>END every workout with a cool down and static stretch.</p>	<p>If you do not have access to blocks do them from a stand-still</p>	<p>Make sure you are getting a good core workout in every other day if not every day because all our strength and power extends from our core, it is the most vital and sometimes over looked part of training.</p>	<p>This is the most crucial part of your season because many will want to take this time off because they are not meeting and running with the team. DO NOT LOSE ALL THAT YOU HAVE GAINED.</p>	<p>Some say if it's not broke don't fix it, but I am challenging all of you, if it's not broke re-invent it.....make it better. We all have room to improve, if you have a camera video tape yourself, or watch video's online. Do all that you can to make yourself better, never settle.</p>
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WARM-UP

½ Mile

DYNAMIC STRETCHING

(15 meters stretch/15 meter jog x 2 sets)

- 1) High knee walk with pull
- 2) Walking butt kicks with pull – grab the ankle not foot!
- 3) Front lunge into hamstring stretch
- 4) IT Band Pull (pull ankle up)
- 5) Walking Toe Touch
- 6) High kicks

SPRINT DRILLS

(20 meters x 2 sets)

- 1) Ankle Pops
- 2) Side Slides
- 3) Butt Kickers
- 4) A Skips
- 5) B Skips
- 6) Jog w/ Leg Cycle
- 7) Carioca w/ Step Over
- 8) Exaggerated Backward Run
- 9) Build-ups

PLYOMETRICS

HIGH INTENSITY

Perform **EITHER 1 or 2**

- 1) Jumping over Hurdler (3-5 low hurdles – 1 meter apart)
 - 1) Double Leg Hops
 - 2) Single Leg Hops
 - 3) Alternate between Double and Single **3 sets x 3-5 reps**
 - 4) Combination (LL, RR)
 - 5) Combination (LLR, RRL)
- 2) Jumping over Boxes (3-5 boxes 12-18 inches high)
 - 1) Double Leg Hops
 - 2) Single Leg Hops
 - 3) Alternate between Double and Single **3 sets x 3-5 reps**
 - 4) Combination (LL, RR)
 - 5) Combination (LLR, RRL)

COOL-DOWN

½ Mile

COOL DOWN

Post static stretching for 10+ minutes

- 1) Hamstrings
- 2) Quads
- 3) Calves
- 4) IT Bands
- 5) Groin/Hip Flexors

IF YOU HAVE ANY QUESTIONS ABOUT THE WORKOUTS E-MAIL ME AT rp53756@students.salisbury.edu (Coach Price)

LOW INTENSITY

Choose 2 of the following exercises

- 1) Line Hops
- 2) Cone Hops
- 3) Squat Jumps
- 4) Split Squat Jumps **3 sets x 30 sec (1 min rest)**
- 5) Tuck Jumps
- 6) Wall Taps
- 7) Quick Step-ups