

The most important thing in the summer for the sprints, jumps, and throws areas on our team is to focus on the strength portion of our training. The main focus is becoming a stronger individual, therefore becoming a more explosive athlete and an athlete that is less prone to injury during the regular season. It is important that you focus on strength gains but don't neglect the conditioning aspect of summer training too. Below you will find some suggestions for running workouts for over the summer. I would pick one or two workouts to do three times a week. Try to do a different each time. With conditioning, it is important that you not be sedentary for the summer. At least do something active that will get your heart rate up.

Workouts

- *Hills 8-15 X a hill 40-60 meters in length walk back rest
- *Fartlek Runs – 30 second pushes with 1:30 jogs between Length>16-26 minutes total
- *Strides – 8-10 100's or 150's walk back rest
- *20 minute easy run
- *6-8 x 100 @ 60% effort with backwards run for 100 meters between each one
- *Accelerate the straights and jog/walk the turns for 1 mile – 2 miles.

After every workout, whether running or lifting, stretching is a vital part of your routine. Take about 10-20 minutes to stretch all the major muscle groups. This will help to minimize chances of injury. These workouts are voluntary and in no way are mandatory. They simply are there so that you are better prepared coming to Salisbury in the fall.

