## Sprints - Salisbury University Track and Field

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<td><strong>Week 1</strong></td>
<td><strong>Finals Week</strong></td>
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- **Speed Work:**  
  4 x 100 build-ups  
  4 x 50 from fly  
  4 x 50 from stand  
  2 x 80 from fly  
  **PLYOMETRICS**  
  ***see second page (low intensity)**  

-  **30+ min workout (run or cross train)**  
  **STATIC STRETCH CORE**  

-  **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  

-  **30+ min workout (run or cross train)**  
  **STATIC STRETCH CORE**  

| **Week 2** | **Holiday Week** |  
-  **Speed Work:**  
  3 x 20 meters (fly)  
  3 x 40 meters (fly)  
  3 x 60 meters (fly)  
  **PLYOMETRICS**  
  ***see second page (low intensity)**  

-  **30+ min workout (run or cross train)**  
  **STATIC STRETCH CORE**  

| **Week 3** | **New Years Week** |  
-  **12 hills (60 – 80 meters) w/ walk back recovery or 10 Stairs 1:00 on 1:00 off**  
  **PLYOMETRICS**  
  ***see second page (low intensity)**  

| **Week 4** |  
-  **4 x 40 from a fly**  
  **4 x 40 from blocks**  
  **2 x 60 from a stand**  
  **2 x 80 from a stand**  
  **PLYOMETRICS**  
  ***see second page (low intensity)**  

-  **30+ min workout (run or cross train)**  
  **STATIC STRETCH CORE**  

| **Week 5** |  
-  **4 x 100 build-ups**  
  **4 x 50 from fly**  
  **4 x 50 from stand**  
  **2 x 80 from fly**  
  **PLYOMETRICS**  
  ***see second page (low intensity)**  

-  **30+ min workout (run or cross train)**  
  **STATIC STRETCH CORE**  

| **Week 6** |  
-  **4 x 40 from a fly**  
  **4 x 40 from blocks**  
  **2 x 60 from a stand**  
  **2 x 80 from a stand**  
  **PLYOMETRICS**  
  ***see second page (low intensity)**  

-  **30+ min workout (run or cross train)**  
  **STATIC STRETCH CORE**  

-  **6 x 200 tempo (Men 26-8, Women 30-32)**  
  **6 x 100 meter build ups**  
  **PLYOMETRICS**  
  ***see second page (High intensity)**  

-  **20-30 minute run**  

-  **16 minute fartlek run (1:30 off :30 on)**  
  **20-30 minute run**  

-  **12 hills (60 – 80 meters) w/ walk back recovery or 10 Stairs 1:00 on 1:00 off**  
  **PLYOMETRICS**  
  ***see second page (High intensity)**  

-  **20-30 minute run**  

-  **20 minute fartlek run (1:30 off :30 on)**  
  **20-30 minute run**  

-  **6 x 100 meter build ups**  
  **PLYOMETRICS**  
  ***see second page (High intensity)**  

-  **20-30 minute run**  

-  **12 hills (60 – 80 meters) w/ walk back recovery or 10 Stairs 1:00 on 1:00 off**  
  **PLYOMETRICS**  
  ***see second page (High intensity)**  

-  **20-30 minute run**  

-  **6 x 100 meter build ups**  
  **PLYOMETRICS**  
  ***see second page (High intensity)**  

-  **20-30 minute run**
SUNDAY, JANUARY 24th  
First Day of practice 
3:30 PM SHARP @ Maggs

START every workout with a warm-up, dynamic stretch, and sprint drills. END every workout with a cool down and static stretch.  

If you do not have access to blocks do them from a stand-still  

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.  

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.  

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.

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

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

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

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

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  
   4) Combination (LL, RR)  
   5) Combination (LLR, RRL)  
3 sets x 3-5 reps

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  
   4) Combination (LL, RR)  
   5) Combination (LLR, RRL)  
3 sets x 3-5 reps

LOW INTENSITY  
Choose 2 of the following exercises  
1) Line Hops  
2) Cone Hops  
3) Squat Jumps  
4) Split Squat Jumps  
5) Tuck Jumps  
6) Wall Taps  
7) Quick Step-ups  
3 sets x 30 sec (1 min rest)