

SPRINTERS and JUMPERS Spring Break Workouts

Name _____

Our season is so short, we would like for athletes to get some training in over the week of spring break. Though many of you will be traveling and we won't meet as a team, here are some workout suggestions: (You can still workout while you are traveling. Just be smart!)

Date	Experienced, Older Sprinters	Younger, Newer Sprinters
Sat. 3/22	*Light jog for 5-10 minutes. *Dynamic Drills. *Sit-Ups, Push-Ups, Leg Lift Routine, Squats *Stretch well.	*Light jog for 5 minutes. *Dynamic Drills. *Sit-Ups, Push-Ups, Leg Lift Routine, Squats *Stretch well.
Sun. 3/23	Off	
Monday 3/24	*Warm up jog 5 minutes. *Dynamic Drills *Run 1 block at a fast pace. Turn around and jog back easy to the start. (Do this 4-6 times.) *Cool down jog 5 min. *Stretch.	*Warm up jog 5 minutes. *Dynamic Drills *Run 1 block at a fast pace. Turn around and jog back easy to the start. (Do this 2 times.) *Cool down jog 5 min. *Stretch.
Tuesday 3/25	*Jog for 10 minutes. *Dynamic Drills *Sit-Ups, Push-Ups, Leg Lift Routine, Squats *Stretch.	*Jog for 5 minutes. *Dynamic Drills *Sit-Ups, Push-Ups, Leg Lift Routine, Squats *Stretch.
Wed. 3/26	Off	Off
Thursday 3/27	*Warm up jog 5 minutes. *Dynamic Drills *Do the same 1 Block workout as Monday or run for 30 seconds, then jog for 1:30, then fast again for 30 seconds.... Do this until you can't do more! See how many times you can do it. *Cool down jog 5 min. *Stretch.	*Warm up jog for 3-5 minutes *Dynamic Drills *Run easy for 30 seconds, then fast for 30 seconds... alternate speeds. Do this 4 times or up to 8 times. *Walk it out to cool down. *Stretch.
Friday 3/28	*Easy jog for 10-15 minutes. *Stretch. (or off if needed)	*Easy jog for 5 minutes. *Stretch. (or off if needed)
Saturday 3/29	*Warm up- 5 min. jog. *Dynamic Drills *6 x 20 sec. very fast running Take a 2 min. walk break between each. *Sit-Ups, Push-Ups, Leg Lift Routine, Squats *Stretch	Off
Sunday 3/30	Off	Off

Key Dynamic Drills:

High Knees, Nick Shorts, High Skips, Side Swings, Karyoke, Toe/Heel Walk.