

No access to a track:

Monday:

Warm up: 8 minute run of 30 second up tempo

1 min jog

3x5 second accelerations

Varsity: 4-6x1 min sprint, 75% race pace, 6 min rest between

Frosh/Soph: 4-6x30 second sprint, 75% race pace, 6 min rest between

Tuesday: rest

Wednesday:

Sprinters:

- 6 minute run, focus on making a mind-body connection thinking about knee lift & good arm movement,
- Sprint drills: 3 x30M accelerations with focus on form
- Form running: 5x30M high knees, 5x30M butt kicks, 5x30M bounders, 6x30M karaoke (3 each side), 6x30M glides (3 each side), 5x30M high knee skips

Jumpers:

- 6 minute warm up run,
- 4x30M high knees, 4x30M butt kicks, 4x30M bounders, 4x30M high knee skips
- jump drills: one-foot hops (right leg, 4x20m and then left leg, 4x20m), double hop and skip (RRLRRLRRL... 4x20m and then LLRLRLRLR...4x20m), and double foot hops (4x20m).
- 6 x 40y flys on the infield

Thursday:

Warm up: 8 minute run of 30 second up tempo, 1 min jog

3x5 second accelerations

Varsity: 8x15 second race pace, 8 min rest between

Frosh/Soph: 4x15 second race pace, 9 min rest between

Friday:

Warm up: 8 minute run of 30 second up tempo, 1 min jog

3x5 second accelerations

Varsity: 6x30 second fast pace with focus on form, 6 min rest

Frosh/Soph: 3-4x30 second fast pace with focus on form, 6 min rest

Saturday: rest

Sunday: rest

rest & workout days can be shifted to fit break schedule, but workouts should be done in order