

## Sprinter/Jumpers Workouts

### Week 2: April 6<sup>th</sup> – April 12<sup>th</sup>

- **Monday – Tempo running/endurance/lifting**
  - Drills (Stretching, Mobility, Speed dynamics)
  - **“How Many Laps x 2”**
    - Find a place where you can run laps (example: tennis courts or a field)
    - Run at a constant speed for 5 minutes, doing laps, trying to get as many laps as possible in the 5 minutes (count how many laps you do)
    - Rest for 5 minutes
    - Run again for 5 minutes and try to do the same number of laps as you did the first time.
  - 2 – 4 x Striders (50 meters – stay tall, work on knee lift)
  - **Lifting** or Body Weight exercises
  - Stretch (head to toes – hold each muscle for 20 seconds)
  
- **Tuesday – Power, strength and speed**
  - Drills (Stretching, Mobility, Speed dynamics)
  - **Short Hills or Stairs** (working on knee drive)
    - 5 – 8 x 20 second run up, walk down, right back up
  - 5 – 10 minute jog
  - 2 – 4 x striders (50 meter – stay tall, work on knee lift)
  - Stretch (head to toes – hold each muscle for 20 seconds)
  
- **Wednesday – increase recovery, increase endurance/lift**
  - Drills (Stretching, Mobility, Speed dynamics)
  - 3 minute run then stretch what you need
  - **On/Offs** – 9 to 15 minutes
    - jog 2 minutes then run 1 minute, repeat, no stopping
  - 3 minute cool down
  - 4 x Striders (50 meters – stay tall, work on knee lift)
  - **Lift** or body weight exercises
  - Stretch (head to toes – hold each for 20 seconds)
  
- **Thursday – Power and endurance**
  - Drills (Stretching, Mobility, Speed dynamics)
  - **1 – 2 set(s) Circuit** – each station for 45 seconds, then run 1 minute
    - Station 1: Jumping Jacks (45 seconds, run 1 minute)
    - Station 2: Burpees (45 seconds, run 1 minute)
    - Station 3: Crunches (45 seconds, run 1 minute)

- Station 4: High Knees ( 45 seconds, run 1 minute)
  - Station 5: Side Shuffle (45 seconds, run 1 minute)
  - Rest 5 minutes – Repeat
- 3 minute cool down
- Stretch (head to toe – hold each for 20 seconds)
  
- **Friday – Balance out the week/Lift**
  - Drills (Stretching, Mobility, Speed dynamics)
  - 2 - 4 x acceleration (50 meters)
  - 10 – 20 minute Run
  - 2 – 4 x Striders (50 meters – stay tall, work on knee lift)
  - **Lifting** or Body Weight exercises
  - Stretch (head to toes – hold each muscle for 20 seconds)
  
- **Saturday**
  - Off, yoga or Make-up day
  
- **Sunday**
  - Off, yoga or Long run day (20 – 30 minutes)

## Middle Distance/Distance

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#### Looking to change things up?

If we were following the season calendar for 2020 our first meet would have been next week on April 16<sup>th</sup>. For this week you would have been doing two quality workouts. One workout would be shorter and faster, the other would be with longer intervals and short recoveries. The faster workout would be to adjust your body to open your stride and allowing your body to acclimate for future races. The longer quality workout is an important part for the strength and endurance a runner will need during a track season.

If you would like to add a quality run this week I would suggest the follow:

**Reminder:** Always warm up first with an easy jog followed by some form drills, stretches, shakeouts and some pickups. See Daily Drills Sheet for help.

#### Early in the week, Monday or Tuesday

2-5 sets of 200/200/400 - Depending on your current conditioning and injury history

**Always finish with the feeling that you could easily do 1 or 2 more sets. Do not finish feeling like you are so fatigued that you could not do another!**

If you do not have a measured course do the following instead for durations of running:  
40sec/40sec/80sec. - try to run at about 80% effort.

Recovery for both workouts: 1:30/1:30/3min

Paces if you have a measured course.

4:30 miler and faster- 34/34/68

4:40 - 4:50 miler - 35-36/35-36/70-72

5:00 - 5:20 miler - 37-39/37-39/74-77

5:30 -5:50 miler - 41-43/41-43/82-86

6:00 - 6:30 miler - 44-48/44-48/89-1:38

6:40 and up miler - 50/50/1:45-2:00

On other days continue with Base Building, most of your running should be at an easy pace along with drills and stretching everyday.

Strides are good for opening up the speed a little during Base Building, pryer to when you begin interval and tempo workouts.

Some are also doing tempo runs, please continue but take a couple of easy days between the 1<sup>st</sup> quality workout.

If you are just beginning to train for distance running, you can contact Coach Dearing for advice: [ddearing@brunswick.k12.me.us](mailto:ddearing@brunswick.k12.me.us)

## Daily Drills

### 1. Stretch

- a. Step-Hip-Twist
- b. Grouchos
- c. Frankenstein's monster
- d. Kick-up & Touch Down
- e. Pull-Up & Pull-Back
- f. Pull-up to side & Step-out, back forth and Switch (we need a good name for this one)

### 2. Mobility

- a. Skipping Arms up and around
- b. Karaoke
- c. Side Shuffle with arm extensions
- d. C-Skip
- e. D-Skip

### 3. Speed Dynamics

- a. Anklings
- b. A-March into A-Skip
- c. B-Skip
- d. Russians
- e. Straight legged run
- f. High Knees
- g. High Knees Backwards
- h. Fast leg series
  - i. Alternating
  - ii. Left leg then right leg
  - iii. Left leg continuous then right leg continuous
- i. Bounding stride

## Once a Week Drills (strengthening)

1. World's Greatest Lunges
2. Backwards lunges with extensions
3. Centipede
4. Frog Jumps
5. Continuous 1<sup>st</sup> phase