

Sprinter/Jumpers Workouts

Week 3: Speeding up! April 13th – April 19th

- **Monday – Speed/Power**
 - Drills (Stretching, Mobility, Speed dynamics)
 - **Short Hills or Stairs** (working on knee drive)
 - 5 – 8 x 20 second run up, walk down (recovery), right back up
 - 5 – 10 minute jog
 - 3 – 4 x striders (50 meter – stay tall, work on knee lift)
 - Stretch (head to toes – hold each muscle for 20 seconds)

- **Tuesday – Endurance/Recovery/Lifting**
 - Drills (Stretching, Mobility, Speed dynamics)
 - **Mid-Distance Run** 15 - 30 minute
 - 3 – 4 x striders (50 meter – stay tall, work on knee lift)
 - Stretch (head to toes – hold each muscle for 20 seconds)
 - **Lift** or body weight exercises
 - Stretch (head to toes – hold each for 20 seconds)

- **Wednesday – Speed/Form**
 - Drills (Stretching, Mobility, Speed dynamics)
 - Drill, Jog, Sprint, Walk
 - Do a drill rapid fire for 30 meters
 - Drill options: high knees, butt flicks, anklings, Russians,
 - Jog back to start
 - Sprint for 30 meters
 - Walk back (recovery)
 - Repeat
 - 5 – 10 minute jog
 - 3 – 4 striders (50 meter – stay tall, work on knee lift)
 - Stretch (Head to toes)

- **Thursday – Speed/Recovery/Reaction/lift**
 - Drills (Stretching, Mobility, Speed dynamics)
 - **Shorter On/Offs x 5 – 8 sets**
 - Start at a telephone pole, run to the 2nd
 - Sprint from the 2nd and the 3rd
 - Jog between the 3rd and 4th
 - Sprint between the 4th and 5th
 - Walk back (recovery)

- **Lift** or body weight exercises
- Stretch (head to toe – hold each for 20 seconds)

- **Friday – Balance out the week**
 - Drills (Stretching, Mobility, Speed dynamics)
 - 5 minute Run
 - 5 – 7 x 150 meter Accelerations – last 20 meters should be fast
 - 5 minute Run
 - Stretch (Head to Toes)

- **Saturday**
 - **Lift** or body weight exercises
 - yoga or Make-up day

- **Sunday**
 - Off – Rest up!

Middle Distance/Distance

Week 3: April 13th – April 19th

The season has been cancelled. What should you do now?

With time on your hands and your health being a top priority this is an important time to stay fit. Social Distancing will need to continue, but as the weather warms running, biking, walking along with supplemental workouts can maintain your fitness.

This week's quality workout is all on time. Do not be concerned with distance.

Every recovery is 1 minute long. If you run any portion of the workout too fast, you will struggle and have a hard time continuing without taking longer than 1 minute recovery. The short recoveries are a key part of our cross country and distance programs.

Workout: Do 2 - 5 Sets

Each set is composed of the following:

45 seconds - 1 minute Recovery

45 seconds - 1 minute Recovery

3 minutes - 1 minute Recovery

Only 1 minute recovery between sets.

Try to run the 3 minute sections at the same effort as the 45 second repetitions. This means, **do not** push too hard on the 45 second sections. Focus on your form and jog very slowly between each repetition.

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.

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

Mileage: you may add 2-3 miles per week or 7-10 miles over a 3 week period.

Tempo runs are important so those who have incorporated them should continue to have a session each week. Always take a couple of days between quality workouts.

If you are just beginning to train for distance running, you can contact Coach Dearing for advice: 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 1st phase