

# Spring Track 2017 Pre-Season Workouts *Sprinters / Jumpers / Throwers*

**ALWAYS DO DYNAMIC WARM UP STRETCHING AND STATIC COOL DOWN**

## **STRETCHING**

**HIGHLY encourage you to work with teammates in doing these workouts. Having someone to hold you accountable makes doing the work easier and more FUN!!!**

Be honest with your starting level of fitness. If you have been running then do the I workouts. Just because you have run XC or track before doesn't mean you are in shape. The goal for these workouts is to get you ease you back into shape or keep your fitness so we have the best spring track season in HHS history #MakeHistory.

Use the following abbreviations to determine which workouts to do:

**I = In Shape-Runners that participated in Winter Track OR have been running/doing cardio work**

**O = Out of Shape-Runners that are new to track OR have NOT been running/doing cardio work**

## **Weeks 1 & 2**

### **Sunday**

I - 35-40 min Easy Run

O - 15 X 1 min Easy Run w/1 minute walk (30 min total)

### **Monday**

I - 10 min easy, 15 min Tempo (80-85%), 5 min easy

O - 15 X 1 min Easy Run w/ minute walk (30 min total)

### **Tuesday**

I - 20 min easy, 10 Strides (20 second runs at 85%..focus on form DO THESE ON GRASS IF POSSIBLE)

O - 9 X 1 min Easy Run w/1 minute walk + 3 X 2 min w/2 min walk (30 min total)

### **Wednesday**

I - OFF DAY

O - OFF DAY

### **Thursday**

I - 10 min easy, 3 X 5 min tempo w/1 min walk, 10 min easy

O - 15 X 1 min Easy Run w/1 minute walk (30 min total)

### **Friday**

I - 5 min easy, 15 min tempo, 10 min easy, 10 strides

O - 9 X 1 min Easy Run w/1 minute walk + 3 X 2 min w/2 min walk (30 min total)

### **Saturday**

I - OFF DAY

O - OFF DAY

## **Weeks 3-4**

### **Sunday**

I - 35-40 Easy Run

O - 10 X 2 min easy w/2 min walk (40 min total)

### **Monday**

I - 5 min easy + 3 min walk, 3 X 5 min tempo w/2 min recovery jog, 5 min easy (34 min total)

O - 10 X 2 min easy w/2 min walk (40 min total)

### **Tuesday**

I - 20-30 min easy (depending on how you feel), 10 Strides w/1 min rest between (20 second runs at 85%..focus on form DO THESE ON GRASS IF POSSIBLE)

O - 10-15 min easy run

### **Wednesday**

I - OFF DAY

O - OFF DAY

### **Thursday**

I - 10 min easy, 15 min tempo, 10 min easy

O - 5 X 4:00 easy w/4 min walk

### **Friday**

I - 20-30 min easy (depending on how you feel), 10 Strides w/1 min rest between (20 second runs at 85%..focus on form DO THESE ON GRASS IF POSSIBLE)

O - 15-20 min easy run

### **Saturday**

I - OFF DAY

O - OFF DAY

**I cannot stress the stretching before and after enough. The more you work on this the less soreness you will have and the quicker you will bounce back after a workout. Proper preparation and recovery is VITAL to your success. There are NO SHORTCUTS, JUST HARD WORK.**

**You can always stop by my room #512 if you have any questions or concerns. My door is always open.**