


Spring Break Workouts 2022

Sprinters/Jumpers

Monday	Warm-up 6 x 40 yards@100%, 4 minutes rest between reps
Tuesday	Warm-up Jumpers, 100/200 --- 4 x 150@100%, 10-12 minutes rest between reps
Wednesday	OFF
Thursday	Standing start, 5 x 40 yards @ 100%, 4 minutes between reps
Friday	Jumpers, 100/200 --- 3 x 100@100%, 10-12 minutes between reps

Mid Distance/Hurdles

Monday	3 600's for time between 2:00-2:20. 600 meter walk recovery
Tuesday	10- 50's (walk 50, sprint 50)- be at full recovery prior to each run
Wednesday	9-200's @ 9 seconds off of you PR (sets of 3-3-3)
Thursday	200 specialists do sprint workout 400 specialists do distance (400/800) workout
Friday	Pre-meet or easy day
Hurdlers add this	 Beginner's Yoga Strength, Balance and...

Distance

Monday	400/800- 5x500, walk across 1600/3200- 4-6x1k with equal rest
Tuesday	400/800- Hills - 7 x 30 seconds at 80% 1600/3200- Long Run
Wednesday	400/800-8x200, walk across 1600/3200- 8x200 walk across
Thursday	400/800- Starts, floats, finishes 1600/3200- 4 miles recovery with a 1-minute pick-up every mile
Friday	400/800- Pre-Meet or recovery 1600/3200- Pre-Meet or recovery