

Only Sprinters (100 & 200 Meters) Field Day Workouts

(No Meet/Saturday Meet)

A. Tuesday and Thursday

- Warm-up
- 30-60-90 Drill
- 5x100/100/100 @80% (1min rep rest/3 min set rest)
- 4x150/150 @80% (1 min rep rest/3 min set rest)
- **100 m only:** 5x100/200/100 @80% (1 min rep rest/3 min set rest)
- **100&200/200 m only:** 5x200/100/200 @80% (1 min rep rest/3 min set rest)

Tuesday Meet

Monday

- Warm-up
- 30-60-90 Drill
- 5 Block Starts (~30 meters)
 - 2 in Curve if 200m runner
- **100 m only:** 3x60+80+60 @90+% (3 min rep rest/6 min set rest)
- **100&200/200 m only:** 3x80+60+80 @90+% (2 min rep rest/7 min set rest)
- 1-2x Actual Race from Blocks
- Work Handoffs

Thursday

- Warm-up
- 30-60-90 Drill
- **100 m only:** 3x150 @ 100% (12 min set rest)
- **100&200/200 m only:** 3x250 @ 90% (10 min set rest)
- 80/100/150 @95% (5 Min rest)

Tuesday and Thursday Meet

Monday AND Wednesday

- Warm-up
- 30-60-90 Drill
- 5 Block Starts (~30 meters)
 - 2 in Curve if 200m runner
- **100 m only:** 3x60/80/60 @90+% (3 min rep rest/6 min set rest)
- **100&200/200 m only:** 3x80/60/80 @90+% (2 min rep rest/7 min set rest)
- 1-2x Actual Race form Blocks
- Work Handoffs

Friday Meet

Tuesday

- Warm-up
- 30-60-90 Drill
- 5x100/100/100 @80% (1min rep rest/3 min set rest)
- 4x150/150 @80% (1 min rep rest/3 min set rest)
- **100 m only:** 5x100/200/100 @80% (1 min rep rest/3 min set rest)
- **100&200/200 m only:** 5x200/100/200 @80% (1 min rep rest/3 min set rest)

Thursday

- Warm-up
- 30-60-90 Drill
- 5 Block Starts (~30 meters)
 - 2 in Curve if 200m runner
- **100 m only:** 3x60/80/60 @90+% (3 min rep rest/6 min set rest)
- **100&200/200 m only:** 3x80/60/80 @90+% (2 min rep rest/7 min set rest)
- 1-2x Actual Race form Blocks
- Work Handoffs

Tuesday/Friday Meet

Monday and Thursday

- Warm-up
- 30-60-90 Drill
- 5 Block Starts (~30 meters)
 - 2 in Curve if 200m runner
- **100 m only:** 3x60/80/60 @90+% (3 min rep rest/6 min set rest)
- **100&200/200 m only:** 3x80/60/80 @90+% (2 min rep rest/7 min set rest)
- 1-2x Actual Race form Blocks
- Work Handoffs

Wednesday Meet

Tuesday

- Warm-up
- 30-60-90 Drill
- 5 Block Starts (~30 meters)
 - 2 in Curve if 200m runner
- **100 m only:** 3x60/80/60 @90+% (3 min rep rest/6 min set rest)
- **100&200/200 m only:** 3x80/60/80 @90+% (2 min rep rest/7 min set rest)
- 1-2x Actual Race from Blocks
- Work Handoffs

Reference Links: <https://www.brianmac.co.uk/sprints/tp100.htm>
https://www.championshipproductions.com/files/tc-02015/Woody_Sprints%20Full%20Scale%20PowerPoint.pdf

Thursday

- Warm-up
- 30-60-90 Drill
- **100 m only**: 4x150/200/150 @75% (1 min rep rest/3 min set rest)
- **100&200/200 m only**: 3x150/200/250 @75% (1 min rep rest/3 min set rest)
- 80/100/150 @95% (5 Min rest)

Sprint Day Emphasis/Schedule

- Warm-up
- 30-60-90 Drill
- Acceleration and Drill Emphasis! (**ALL** sprinters and jumpers!)
 - Running form Drills (On Grass if possible) Softball field?
 - A skip, B skips, straight leg pawing
 - Single Fast leg (~20m)
 - PVC Running Posture Drills
 - Wicket Drills

Primary Sprinters/Hurdlers

- Block starts
 - Form
 - Acceleration from blocks (20-80m) Total 300m (3min rest)
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- Curves
 - Take cones and split the lane in half
 - Have sprinters set blocks up angled toward the curve
 - Sprinters will come out of blocks hugging the curve all the way around until it straightens out.

Ladders 90-95%