

Spring Break Workouts (Sprinters, Jumpers, Hurdlers)

These workouts are for those athletes that will be out of town over spring break. Athletes that are in town may have different variations of these workouts. It is imperative that athletes continue to work out or they will peak shortly after the break and stop improving. If it is not possible to do these workouts exactly, try your best to get in something similar each day. For example, you may only be able to use a treadmill while you are away, so try your best to simulate this workout on the treadmill. Doing anything is better than taking the day off!

If you have any questions about a workout, please feel free to contact Coach Kennedy at mike_kennedy@ipsd.org.

Friday Before Break

RPR

Warm-up

6 x (100 m at 90% rest for one minute then run 30 m all out) with 7 minutes rest between each rep

1-2 mile cool down

Saturday

RPR

Core Exercises (Push-ups, body-weight squats, etc. for 6 minutes)

Warm-up

20-30 minute easy run

Sunday

Off

Monday

RPR

Warm-up

6 x 60 m (all out) with 6 minutes rest between each rep (Focus on driving for 30 m and then running tall, stepping over and driving down for the next 30 m.)

2 x 200 m (5 seconds slower than your PR) with 2 minutes rest between each rep.

1-2 mile cool down

Tuesday

RPR

Warm-up

20 x 100 m (5 seconds slower than your PR) with 45 seconds rest between each rep.

Hip Exercises or Hurdles Drills

1-2 mile cool down

Wednesday

RPR

Warm-up

20-30 minute easy run or Circuit (Run 200 m at 80%, do an exercise of your choice and repeat 20 times with a different exercise each time)

Thursday

RPR

Warm-up

3 x (300 m at 80% rest for 2 minutes and then run 100 m all out focusing in driving the arms) with 8 minutes rest between each rep

Hip Exercises or Hurdle Drills

1-2 mile cool down

Friday

RPR

Warm-up

6 x (100 m at 90% rest for one minute then run 30 m all out) with 7 minutes rest between each rep

1-2 mile cool down

Saturday

RPR

Core Exercises (Push-ups, body-weight squats, etc. for 6 minutes)

Warm-up

20-30 minute easy run

Sunday

Off