

Long Sprinter Workouts '25

Week 12

Monday

Warmup. 200, 150, 100 95%. Stretch. Strength (arms).

Tuesday

Warmup. Pre-race. Event training. Cool down and stretch.

Wednesday

@RODRIGUEZ

Thursday

Warmup. 3 x 150 85-90%. Stretch.

Friday

Practice cancelled.

Saturday

Sunday

Rest Day

Week 11

Monday

Warmup. Endless quarter. Strength (arms). Cool down and stretch

Tuesday

Warmup. Pre-race. Event training. Cool down and stretch.

Wednesday

@RIVER CITY, SACRAMENTO

Thursday

Warmup. Unk running. Strength (legs) Cool down and stretch.

Friday

Practice cancelled due to cold weather.

Week 10

Monday

Warmup. 3 x 300 90%. Strength (arms). Cool down and stretch

Tuesday

Warmup. 3 x 150. Event training. Cool down and stretch.

Wednesday

Warmup. 2 x 200 90%. Core. Plyometrics. Strength (legs). Cool down and stretch.

Thursday

Warmup. 300-200-100. Core. Cool down and stretch.

Friday

Warmup. 2 X 150 starts. Event training. Cool down and stretch.

Saturday

HALDEN INVITATIONAL

Sunday

Rest Day

Week 9

Monday

Warmup. 2 x 200, 3 x 100. Strength (legs). Cool down and stretch

Tuesday

Warmup. 2 X 150 starts. Hurdles/Jumps/Relays. Cool down and stretch.

Wednesday

@ VANDEN

Thursday

Warmup. 4 x 200, first 100 80%, second 90%. Core. Strength (arms). Cool down and stretch.

Friday

Warmup. Hurdles/Jumps/Relays. Cool down and stretch.

Saturday

Sunday

Rest Day

Week 8

Spring break

Two practices held, Tuesday and Friday

Week 7

Monday

Warmup. 4x400m sprints at 85%, 2-3 minutes rest. Strength (arms) Stretch.

Tuesday

Warmup. Mobility. 2 x 150 race pace starts. Hurdles/Jumps. Cool down and stretch.

Wednesday

@WOOD

Thursday

Warmup. Plyo, short sprints on blacktop. Core. Strength (arms). Cool down and stretch.

Friday

Warmup. 2x200 90%. 2x100 race pace. Cool down and stretch.

Notes: Attendance very poor, minimum day, Friday before spring break.

Saturday

15-20 minutes cardio

Sunday

Rest Day

Week 6

Monday

Warmup. Liners on blacktop for about 10 minutes. Plyometrics (legs). Strength (arms). Stretch.

Tuesday

Warmup. 3 x 350 @ race pace, 6-8 minutes rest. Core. Hurdles/Jumps OR mobility. Cool down and stretch.

Wednesday

Warmup. 2x250 @ 85%, 10 minutes light cardio on track. Strength (legs). Cool down and stretch.

Thursday

Warmup. 3 x 200 @ 95 %. 4 minutes rest. Core. Cool down and stretch.

Friday

Warmup. Mobility. 2 x 150 race pace starts. Hurdles/Jumps. Cool down and stretch.

Saturday

Crump Invitational

Sunday

Rest Day

200-300-300-200, 3 minutes rest. (M)

Week _

Monday

Warmup. Cool down and stretch

Tuesday

Warmup. Cool down and stretch.

Wednesday

Warmup. Cool down and stretch.

Thursday

Warmup. Cool down and stretch.

Friday

Warmup. Cool down and stretch.

Saturday

Sunday

Rest Day