

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 14	15	16	17	18	19	20
	Warm-Up Drills All Sprinters 4 x 20m/30m/20m Walk Back Rec Reps 1 - 2 minutes Set'	Warm-Up Drills All Sprinters Sprint Circuit Run 100m Walk 50m 8 reps Cool Down	Warm-Up Drills All Sprinters 3 x 5 x 20m flies 2' Rec Reps 5' Rec Reps Parent Meeting @ 7:30am	Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles Jumpers intro into pit Hurdlers intro to drills	Warm-Up Drills All Sprinters 4 x 4 x 40m (Last set is 2) (Last set is 2) 80 - 85% 90s recovery Reps 4' between Sets	Warm-Up Drills All Sprinters 4-5 x 5 x 20m 30s recovery rep 5' between sets Hurdle drills for hurdlers
21	22	23	24	25 - Thanksgiving	26	27
NO OFFICIAL PRACTICE THIS WEEK. You will be given a schedule for the week. Your responsibility to prepare for Time Trials next week.	See Thanksgiving Practice Schedule					

28	29	30	December 1	2	3	4
	Time Trials	Time Trials	Warm-Up Drills All Sprinters 4-5 x 5 x 20m 30s recovery rep 5' between sets Hurdle drills for hurdlers	Warm-Up Drills All Sprinters 6 x 120m @ 80% 5' recovery Hurdlers: Hurdle Drills Jumpers: Pit Work	Warm-Up Drills All Sprinters 2 sets of 4 x 25m FLY w/ a 20m acceleration 2' recovery 5' - 8' between sets	NO PRACTICE DO THIS ON YOUR OWN Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles 3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises.

5	6	7	8	9	10	11
	Warm-Up Drills Short Sprinters 3 x 3 x 30m @ Max Effort 3' Recovery 4' between sets 1 x 60m @ Max (Last Rep) Long Sprinters 4 x 3 x 30m @ Max Effort 3' Recovery 4' between sets 1 x 80m @ Max (Last Rep)	Warm-Up Drills Short Sprinters: 6 Sets 30m (80%) 20m Max 20m (80%) 10m Max 25m (80%) 15m Max 4-5' recovery Long Sprinters: 8 Sets 30m (80%) 20m Max 20m (80%) 10m Max 25m (80%) 15m Max 4-5' recovery	Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles 3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises.	Warm-Up Drills Short Sprinters Sprint Circuit Run 100m Walk 50m 8 reps Long Sprinters Sprint Circuit Run 100m Walk 50m 12 reps Cool Down	Warm-Up Drills Short Sprinters 4 x 5 x 20m Flies 2' Rec 5' between sets Long Sprinters 3 x 4 x 40m flies on turn 3' Rev 5' between sets Cool Down	Practice 8:30am - 10:30am Warm-Up Drills Short Sprinters 1 x 60m Hard 3' Rec 3 x 5 x 30m 45s Rec 5' between sets 1 x 60m Hard Long Sprinters 1 x 120m Hard 5' recovery 3 x 5 x 30m 45s Recovery 5' between sets 1 x 120m Hard Cool Down
12	13	14	15	16	17	18
	Warm-Up Drills Short Sprinters 2 x 5 x 40m 3' minutes recovery 5' between sets	Warm-Up Drills Going to the Meet Sprint Circuit Run 100m Walk 50m 6 reps	Warm-Up Drills Short Sprinters 6 x 120m @ 80% 5' recovery Long Sprinters:	Warm-Up Drills Short Sprinters 2 x 6 x 20m with a 10m FLY Max Effort 2' Recovery 5' between sets	Warm-Up Drills Short Sprinters 1 x 50m Max Effort 5' Recovery 3 x 3 x 20m @ Max Effort 30s recovery between reps	Warm-Up Drills Short Sprinters 6 x 120m @ 80% 6-7 hard pushes and hold 5' recovery

	Long Sprinters 3 x 5 x 40m 3' minutes recovery 5' between sets	NOT Going to the Meet Sprint Circuit Run 100m Walk 50m 9 reps Cool Down	9 x 120m @ 80% 5' Recovery Hurdles: Hurdle Drills Keep working on going over one hurdle	Long Sprinters: 3 x 4 x 40m with a 10m FLY Max Effort 3' Recovery 6' between sets Hurdles: Hurdle Drills Keep working on going over one hurdle	5' between sets 1 x 50m Max Effort Long Sprinters: 1 x 150m Max Effort 5' Recovery 2 x 3 x 20m @ Max Effort 30s recovery between reps 5' between sets 1 x 150m Max Effort	Long Sprinters 8 x 150m @ 80% 6-7 hard pushes and hold 6' recovery Hurdle drills for hurdlers
19	20	21	22	23	24	25 - Christmas
	Warm-Up Drills Short Sprinters 4 x 10m/20m/30m @ Max Effort Really focus on Driving 2' rec, 3' rec and then 5' Rec Long Sprinters 4 x 20m/40m/60m @ Max Effort Really focus on Driving 2' rec, 4' rec and then 6' Rec Hurdles: Hurdle Drills Keep working on going over one hurdle	Warm-Up Drills Short Sprinters 5 x 5 x 30m 45s Rec 5' between sets 1 x 60m Hard Long Sprinters 4 x 120m @ 90% 6' recovery 2 x 100m @ 90% 5' recovery 2 x 80m Hard 5' recovery 1 x 50m Hard Cool Down	Warm-Up Drills Short Sprinters Sprint Circuit Run 100m Walk 50m 9 reps Long Sprinters Sprint Circuit Run 100m Walk 50m 15 reps Cool Down	Warm-Up Drills Short Sprinters 3 x 4 x 40m 3' minutes recovery 5' between sets Long Sprinters 4 x 4 x 60m 3' minutes recovery 5' between sets Hurdles: Hurdle Drills Keep working on going over one hurdle	Warm-Up Drills Short Sprinters 6 x 120m @ 80% 6-7 hard pushes and hold 5' recovery Long Sprinters 7 x 200m @ 80% 6-7 hard pushes and hold 6' recovery	Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles 3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between

						exercises.
26	27	28	29	30	31	January 1
	Warm-Up Drills Short Sprinters Sprint Circuit Run 100m Walk 50m 9 reps Long Sprinters Sprint Circuit Run 100m Walk 50m 15 reps Cool Down	Warm-Up Drills Short Sprinters 3 x 10m, 20m, 30m 40m, 50m Hard Effort 1', 2', 3', 4', 5' recovery Long Sprinters 2 x 40m, 60m, 80m 100m, 120m Hard Effort 2', 4', 4', 5', 6' recovery Cool Down	Warm-Up Drills Short Sprinters 6 x 120m @ 80% 5' recovery Long Sprinters 4 x 100 - 200 - 100 Walk 100m in between reps Walk 200m in between sets Cool Down	Warm-Up Drills Short Sprinters 3 x 5 x 20m with a 10m FLY Max Effort 2' Recovery 5' between sets Long Sprinters: 3 x 5 x 50m with a 10m FLY Max Effort 3' Recovery 6' between sets Hurdlers: Hurdle Drills Keep working on going over one hurdle	Warm-Up Drills Short Sprinters 5 x 5 x 30m 45s Rec 5' between sets 1 x 60m Hard Long Sprinters 5 x 5 x 30m 45s Rec 5' between sets 1 x 150m Hard Cool Down	Warm-Up Drills Short Sprinters Sprint Circuit Run 100m Walk 50m 9 reps Long Sprinters Sprint Circuit Run 100m Walk 50m 15 reps Cool Down
2	3-SNOW DAY	4	5-Half Day	6	7	8
	Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles	NO SCHOOL NO PRACTICE	If you can find a place to run, do the same workout from Monday! Strength builds speed so either of these workouts will help! Warm-Up Drills Short Sprinters 3 x 4 x 30m flies 10m acceleration zone with a max effort of 30m. (40m total) 2' recovery between reps 5' between sets Long Sprinters 2 x 4 x 200m @ 80% Girls: 35 - 37s Boys: 29 - 32s 2' Recovery between Reps 5' Recovery between Sets Cool Down	Warm-Up Drills Short Sprinters Sprint Circuit Run 100m Walk 50m 9 reps Long Sprinters 100-200-100 200-100-200 100-200-100 200-100-200 50m Walk between reps 200m Walk between sets Cool Down	Day Off	Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles

	3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises.					3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises.
9	10	11	12	13	14	15
	Warm-Up Drills Short Sprinters 3 x 5 x 30m 30s recovery 5' between sets 90% effort (10 steps hard) Long Sprinters 2 x 7 x 60m 60s rec 10' between sets 90% effort (10 steps hard) Cool Down	Warm-Up Drills Short Sprinters 2 x 5 x 70m 90s recovery 3' between sets 80% effort (7-8 steps hard) Long Sprinters 8 x 200m @ 80% Effort 3' Rec Girls: 37 - 39s Boys: 33 - 35s Cool Down	Warm-Up Drills Short Sprinters 8 x 20m Flies (10m fly zone) Max Effort 3' Recovery Long Sprinters 12 x 45m Flies (10m fly zone) Max Effort 3' Recovery Cool Down	Warm-Up Drills Short Sprinters 2 x 5 x 70m 90s recovery 3' between sets 80% effort (7-8 steps hard) Long Sprinters 5 x 300m @ 80% Effort 5' Rec Cool Down	DAY OFF	Va Showcase Practice at 9:00am Warm-Up Drills Short Sprinters 1 x 30m @ 80% 2' Rec 1 x 40m @ 90% 3' Rec 1 x 50m @ Let's Go! 5' Rec 4 x 2 x 30m @ Hard Effort 30s Rec 5' Between Set 1 x 50m @ Let's Go Long Sprinters 1 x 40m @ 80% 2' Rec 1 x 50m @ 90% 3' Rec 1 x 60m @ Let's Go! 5' Rec 3 x 2 x 50m @ Hard Effort 30s Rec 5' Between Set 2 x 40m @ Let's Go 3' recovery Cool Down

16	17	18	19-Meet @ LR	20	21	22
		Warm-Up Drills Athletes Running in the Meet 10 x 50m @ 80% 3' Recovery 80% effort (7-8 steps hard) Athletes Not in the Meet 4 x 5 x 20m @ Max Effort 30" Recovery (Reps) 5' Recovery (Sets) Cool Down		SNOW DAY	Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles 3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises.	Practice 8:30am @ RHS Warm-Up Drills Short Sprinters: 3 x 10m Max Walk Back Recovery 2' rest after the set 3 x 20m Max Walk Back Recovery 3' Rest after set 10m Acc then 30m Max 3' recovery 20m Acc then 30m Max 3' Recovery 30m Acc then 30m Max Repeat Twice Long Sprinters: 3 x 10m Max Walk Back Recovery 2' rest after the set 3 x 20m Max Walk Back Recovery 3' Rest after set 10m Acc then 30m Max 3' recovery 20m Acc then 30m Max 3' Recovery 30m Acc then 30m Max 2 x 3 x 50m Flies 3' Recovery 5' Between Sets
23	24	25	26	27	28	29
	Warm-Up Drills ALL: 3 x 60m @ 70%, 80%, 90% 2' recovery	Warm-Up Drills Short Sprinters 3 x 5 x 25m 30" Recovery	Warm-Up Drills All Single Leg Hops (L) x 2 x 25m Single Leg Hops (R) x 2 x 25m	Warm-Up Drills Short Sprinters 2 x 5 x 60m 2' recovery 5' between sets	no practice	Warm-Up Drills Short Sprinters Sprint Circuit Run 100m walk 50m If you can't make it to the track

	Short Sprinters 2 x 4 x 60m 20m Hard-20m Float - 20m Max 3' Recovery 5' between sets Long Sprinters 3 x 4 x 60m 20m Hard-20m Float - 20m Max 3' Recovery 5' between sets Cool Down	5' between sets Long Sprinters 4 x 4 x 50m Walk short Hallway 5' between sets Cool Down	Alternating Bounds x 2 x 40m Skips for Speed (distance not height). Fast Ground contacts 4 x 40m Skips for Height x 2 x 40m 3 hops forward, 1 hop back 2 x 40m Double Leg Hops, react to the ground. x 2 x 20m	80% effort (8 steps hard) Long Sprinters 2 x 4 x (2x60m) 20" 2' between reps 5' between sets 80% effort (8 steps hard) Cool Down		you can do 17s running and 45s walking 10 reps 80% effort (8 steps hard) Long Sprinters 7 x 200m at 80% If you can't make it to the track, 35s running 4' recovery 80% effort (8 steps hard) Cool Down
30	31	February 1	2 - Meet @ How	3	4	5-
	Warm-Up Drills Short Sprinters 4 x 5 x 30m Hard Effort 45" recovery 5' between Sets Long Sprinters 8 x 150m Hard 60m, Float 20m Hard 40m, Float 20m Hard FINISH ON 4' Cool Down	NO PRACTICE NO SCHOOL	IF YOU ARE <u>NOT RACING</u> TODAY Warm-Up Drills Short Sprinters 3 x 50m, MAX Effort 6' Recovery 2 x 4 x 20m Flies (10m accel) 3' between Reps 5' between Sets Long Sprinters 2 x 150m HARD 7' recovery 2 x 3 x 60m HARD 4' Recovery 6' between sets Cool Down	Warm-Up Drills Short Sprinters 4 x 20m, 30m, 40m Max Effort 2', 3' 5' Recovery 2 x 3 hops forward, 1 hop back (30m) 5' recovery Long Sprinters 8 x 150m @ 80% On 4' Cool Down	Warm-Up Drills Short Sprinters 10 x 50m @ Tempo (80%) 90s recovery Long Sprinters 3 x 5 x 100m @ 80% effort Endless Relays 5' between sets Cool Down	Warm-Up Drills Short Sprinters 8 x 30m Flies (10m acc Zone) 3' recovery 2 x 50m max effort 5' recovery Long Sprinters 8 x 30m Flies (10m acc Zone) 3' recovery 2 x 2 x 50m max effort 30" between reps 5' recovery Cool Down
6	7	8-Regionals	9	10	11	12
	In the Regional Meet: Warm-Up Drills 3 x 60m @ Tempo Cool Down Stretch Not in the Regional Meet 2 x 6 x 40m Flies (ss) 3 x 6 x 40m Flies (LS)	NO PRACTICE	DAY OFF	Warm-Up Drills Short Sprinters 10 x 30m Hard Effort 3' Recovery Long Sprinters 10 x 70m Hard Effort 4' Recovery Cool Down	Last Day of Practice for Non State Athletes	Warm-Up Drills Short Sprinters 6 x 50m Fly 4' Recovery Long Sprinters 8 x 50m Fly 4' Recovery

					Cool Down	
13	14	15	16	17 - States	18	19
	Warm-Up Drills ALL Sprinters 7 x 60m 80% Effort 3' Recovery Cool Down	Warm-Up Drills ALL Sprinters 8 x 30m Flies (10m fly 20m max) 3' Recovery Cool Down	DAY OFF All: Warm-Up Drills	Race Hard	DAY OFF	DAY OFF
20	21	22	23	24	25	26-Meet
1. Static Stretches <i>10s of each</i> Neck Rotations Arm Across Hip Rotations Hamstring Ankle Rotations Calf Butterfly Hurdler Stretch	2. Warm-Up Jog 200m Walk/600 Jog Easy DO NOT RUN FAST	3. Active Warm-Up (Slow) 20m of each (1x) Sweeps Knee Pulls Heel-to-Toe German Soldiers Lunges • Deep • Lunge Twist • Side Lung	4. Dynamic Drills 40m of each High Knees Butt Kicks Straight Leg Bounding A -Skip Fast Leg Ankling • Over Ankle • Over Calf • Over Knee	5. Accelerations Walk Back Recovery 5 x 10m Hard easy 30m 10m hard	6. 80-90% effort Interval See Workout for specific distance	
27	28	March 1	2	3-Parent Meeting	4	5
Week 1-GP		OUTDOOR PRACTICE STARTS Team Meeting in Bleachers\ Be sure to Check In Warm-Ups Drills ALL: 8 - 12 x 60m @ 80% On 3' Cool Down Stretches	Be sure to Check In Warm-Ups Drills Nationals: 2 x 6 x 30m Hard 3' reps 5' sets ALL: 6 - 10 x 100m @ 80% On 3' Cool Down Stretches	Warm-Ups Drills Nationals: Handoff practice (4 x 200) Or 3 x 20m flies 4' Recovery Then 2 x 80m on the turn 5' Recovery Hard ALL: 6 x 40m Hard 3' 1 set of Plyos to introduce Cool Down	Warm-Ups Drills ALL 6 - 10 x 120m @ 80% Walk Back Recovery plus 1' Cool Down Stretches	Warm-Ups Drills ALL 2 x 20m, 30m, 40m Hard, 2', 3', 4' Hurdlers 4 down - 4 back Short dist., work on 3 step Then work on starts over 2 LJ/TJ Introduce the take off drills High Jump Intro Drills A few basic jumps/scissor

				Stretches		Nationals: Starts on the turn 2 sets 30, 60, 80 All others 3 x 20m, 30m, 40m Hard, 2', 3', 4' Cool Down Stretches
6	7	8-Team Night @ FF	9	10	11	12-Nationals
Week 2-GP	Warm-Ups Drills Nationals: 6 - 8 x 25m Flies (10m acc) Plus handoffs 4' recovery ALL: 10 x 30m flies (10m acc) 1 set of Plyos Cool Down Stretches	Warm-Ups Drills Nationals: 6 x 30m Blocks Full Recovery ALL: 50-60-70-80-90-100-90-80- 70-60-50 @ 80% Walk Back LS: Back Up to 100m Cool Down Stretches	Warm-Ups Drills Nationals: Jalen 2 x 4 x 40m Tape Drill Set 1: 85% Set 2: 90% Girls Handoffs ALL: 3 x 4 x 40m Intro Tape Drill Cool Down Stretches	Warm-Ups Drills Nationals: Jalen: 3 x 25 starts Girls: Warm-Up, Drills Only Short Sprints: 6 x 120m @ 80% On 5' Long Sprints 2 x 120, 150, 180, 200 @ 80% On 5' Cool Down Stretches	Warm-Ups Drills Short Sprints: 3 x 30m, 40m, 50m @ 90% 3', 4', 5' recovery Long Sprints 7 x 120m @ 90% 6' Recovery Hurdlers: Drills, Hurdle Form and Technique LJ/TJ: Pit Work HJ: Jumps Cool Down Stretches	Warm-Up Drills All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles 3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise

						for 30s and 45 seconds between exercises.
13-5k	14	15	16-Parent Meeting	17-Inside	18	19
Week 3-GP	-Max Team Time Trials 100m and 200m	-Max Team Time Trials 400m Standing Broad Jump	-Tempo (80%) 3 Hour Early Dismissal Practice at 11:30 Warm-Up Drills Short Sprinters Sprint Circuit Run 100m @ 80% Walk 50m 4 Laps Long Sprinters 100-200-100 200-100-200 100-200-100 All at 80% effort 50m Walk between reps 200m Walk between sets Cool Down	-Tempo (80%) Warm-Up Drills All: 5 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 5 x 2 x 60m @ 80% 30s rep 5' Sets Long Sprinters 4 x 300m @ 80% 2' Recovery Boys: 46 - 48s Girls: 58 - 60s Cool Down	-Accl Warm-Up Drills All: 4 x 40m Tape Drills @ 90% Hurdlers: Drills Leg Drills (Lead and Trail) 5 x 1 hurdle (300m) 3 x 2 hurdles (300m) 2 x 3 hurdles (300M) 1 x 4 hurdles (300M) Short Sprinters 3 x 3 x 50m 30m @ 80% 20m @ max Use Tape as Guide 3' recovery reps 7' recovery sets Long Sprinters: 7 x 120m 6' recovery 20m 95% 30m 80% - Float 20m Max 30m Float 20m Max	-SE Warm-Up Drills All: 4 x 40m Tape Drills @ 90% Short Sprinters 4 x 5 x 30m @ 95% 30" Rep 5' Set Long Sprinters: 3 x 5 x 100m @ 90% 1' reps 5' sets Boys: 14-15s Girls: 16-17s Long/Triple Jump-Keinan Briggs Pit Work 6 step approach - Pop (Flat footed - Hitch Kick) Hitch Kick Gallop Work Hurdle on 8ft board, jump over from 12ft board Must get 2 steps in before pit
20	21	22	23-Youth TT (5:55)	24	25	26
Week 4-Prep	-SS: Max -LS: SE Warm-Up Drills All: 3 x 40m Tape Drills @ 90% 3' recovery Short Sprinters	-Plyos Warm-Up Drills All: 2 x 40m Tape Drills @ 90% 3' recovery Short Sprinters	inside -Tempo (80%) Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery	-Accl Warm-Up Drills All: 3 x 40m Tape Drills @ 90% 3' recovery All	-Tempo (80%)/Handoff Warm-Up Drills All (Spikes): 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters (Spikes)	Duckworth Relays If you can not make Duckworth Relays: Workout:

	3 x 3 x 30m flies @ Max 15m Fly Zone 3' rep 5' Sets Long Sprinters 1 x 300m @ 85% of 400m 5' recovery 4 x 40m @ max 2' rep 2 x 200m @ 90% of 400m 1' recovery Cool Down	2 sets of Plyos LJ/TJ - 1 set of plyos Hurdlers - 1 set of plyos Long Sprinters 6 x 150m @ 85% of 400m Walk back recovery 4 x 40m @ max 1 set of plyos HH Workout Cool Down	Short Sprinters 4 x 5 x 50m @ 80% WB recovery 5' recovery between sets HJ: 1 set above Long Sprinters 3 x 2 x 200m Endless Relays @ 80% 1' Recovery 5' between reps HH: Drills ONLY Cool Down	6 x 90m w/ 4' recovery 60m @ 80% 30m @ Max effort LJ/TJ Run throughs ALL: Handoff Practice Cool Down	2 x 40m Tape Drills @ 90% Hand off Practice Long Sprinters 3 x 200m @ 80, 85, 90% of 400m 3' recovery Boys: 34, 32. 30 Girls: 39, 37. 35 Then Hand offs (Spikes) Hurdlers(Spikes); 3 - 4 starts over one hurdle Cool Down	200m All out (Timed) Recovery 8' 6 x 40m (Tape Drill) Hard 4' recovery 1 x 120m All Out (Timed)
27	28	29	30	31- Lax @ 4:00pm	April 1	2- Lax @ 10:30
<i>Week 5-Prep</i>	-Speed Endurance Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 4 x 5 x 30m @ 95% 30" recovery - reps 4' between sets Long Sprinters 4 x 4 x 60m @ 95% 30" recovery - reps 5' recovery between sets 3 (Inside Laps) x In and Outs Sprint Long Straights, jog short straights Long/Triple: 2 sets and then approach work Cool Down	-Tempo (80%) Warm-Up Drills All: 2 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 6 x 120m @ 80% Walk back Recovery Max of 3' Long Sprinters 400m-300m-200m-100m 300m-200m-100m 200m-100m 100m All at 80% effort 300m or more - 100m Walk rec 100 - 200 - 50m Walk rec 4' rec between sets Cool Down	League Meet @ Cent (ALL)	-Tempo (80%) Warm-Up Drills All: 2 x 40m Tape Drills @ 90% 3' recovery Short Sprinters Sprint Circuit 100m @ 80% Walk 50m Complete 4 laps on the track Long Sprinters Sprint Circuit 100m @ 80% Walk 50m Complete 6 laps on the track Cool Down	3 Hour Early Dismissal NO Team PRACTICE Workout on your own Warm-Up Drills All: 6 x 40m Tape Drills @ 90% 3' recovery Then 3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises. Cool Down	Practice @ 8:30am Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 6 x 20m - 4pt starts 3-4' recovery 4 x 20m anklng into 30m max 4' recovery Long Sprinters 2-3 x (150m-4x40m-120m) 150m @ 80%,90" Rec 4 x 40m @ 95% @ WB+30" Rec 2' rec 120m @ RP Effort 10' Recovery after set Hurdlers: 100m/110m Do same exact workout as SS but with hurdles 300m hurdlers Same as LS workout but with hurdles 150m - 4 hurdles 40m - 2 hurdles 120m - 3 hurdles

						Jumpers: Starts and then jumps Cool Down
3-YM	4	5- Lax @ 4:00	6	7	8	9
<i>Week 6-Prep</i>	-Acceleration Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 8 x 30m blocks/4pt Starts 3' = 4' recovery Long Sprinters 1 x Broken 300m (200/100) 8 x 30m blocks/4pts on Turn Hurdlers: Starts over 1 - 3 hurdles Cool Down	-Tempo (80%) Warm-Up Drills All: 2 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 6 x 120m @ 80% 4' recovery G: 19-20s B: 17-18s Long Sprinters 5 x 300m @ 80% of 400m Effort 3' recovery G: 57-58s B: 47-48s Jumpers: Park: Full Jumps Day WL: Short Jumps Day Cool Down	League Meet @ Wilde Lake -Max Velocity (NOT AT MEET) Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 7 x 20m Flies (20m accl zone) 3' recovery Long Sprinters 4 x 200m - start @ 80% Every 50m get faster Last 50m MAX 5' recovery 5 x 40m Max (10m accl zone) On the TURN 4' recovery Cool Down	-Tempo (80%) Warm-Up Drills All: 2 x 40m Tape Drills @ 90% 3' recovery Hand Off Work For Relays Run Throughs for Jumpers Short Sprinters: 4 - 5 x 150m @ 80% 4' Recovery Long Sprinters: 6-8 x 150m @ 80% 4' Recovery Cool Down	Severna Park Park Invite NOT COMPETING AT PARK Workout on your own Warm-Up Drills All: 6 x 40m Tape Drills @ 90% 3' recovery Then 3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises. Cool Down	Severna Park Park Invite NOT COMPETING AT PARK Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery All Sprinters Plyos 20m in length Hops, land flat foot For height Left Leg Right Leg 3 sets Alternate Bounds Knee drive, hold Flat foot 4 sets Skips for distance 2 sets Skips for height 2 sets Broad jumps 3 forward 1 back Double Leg mini hops Feet together Flex from ankles
10-YM	11-Spring Break	12-Spring Break	13-Spring Break	14-Spring Break	15-Spring Break	16
<i>Week 7-PC</i>	Practice 2:30 at Reservoir All: 4 x 40m Tape Drills (90%) 3' Recovery	Practice 3:00 at Reservoir All: 2 x 40m Tape Drills (90%) 3' Recovery	Practice 3:00 at Reservoir All: 4 x 40m Tape Drills (90%) 3' Recovery	Practice 2:30 at Reservoir All: 2 x 40m Tape Drills (90%) 3' Recovery	NO PRACTICE ALLOWED Practice Not allowed to Meet as a Team Complete on your own: All:	Scorpion Invite (TBD) Make sure you have already RSVP'd to the MEET by Wednesday, April 13th. https://xcif.rhsgators.com/track/trac-k-field-meet-information-page/

	Workout (Spikes): Short Sprinters: 2 x 5 x 50m (MAX Effort) 10m Acceleration zone 50m Max Effort 4' Rec per Rep 8' Rec after set Long Sprinters: 2 x 5 x 50m (MAX Effort) 10m Acceleration zone 50m Max Effort 4' Rec per Rep 8' Rec after set Then 2 x 120m - Get after it with a walk back recovery! Cool Down, Stretch	Workout: Short Sprinters: 10 x 100m at Tempo Effort (80%) with a walk 50m recovery Long Sprinters: 10 x 200m at Tempo Effort (80%) Boys: 31 - 32s Girls: 37 - 38s 50m Walk Recovery Jumpers: 5 x 100m @ Tempo Effort (80%) With a walk 50m Recovery Then Pit Work Hurdlers: Do Drills. Lots of Drills. Lead Leg Drills, Lots of Lead Leg Drills. No racing or starts. Just lots of drills. Cool Down, Stretch	Workout: Short Sprinters: 2 x 4 x 200m @ 80% Girls: 31 - 32s Boys: 27 - 28s 4' rec per Rep 6' rec per Set Long Sprinters: 2 x 3 x 300m @ 85% Girls: 54-56s Boys: 48-50s 5' rec per Rep 8' rec per Set Hurdlers: Do First half of the above workout, then 5 x 60m (6 hurdles) with shortened distance between the hurdles. FOCUS ON 3 STEP. Be mindful of your trail leg! Cool Down, Stretch	Workout: Short Sprinters: 3 x 100m (Get After it) 3' Recovery per Rep 5' Recovery after Set 2 x 250m (Get After it) 5' Recovery Long Sprinters: 150m (3' Recovery) 250m (4' Recovery) 350m (5' Recovery) 250m (4' Recovery) 150m Pace: Get after it. Run Hard! Hurdlers: 6 x 300m Breakdown 150m (4 hurdles) - Hard (Race Effort) 75m walk 75m Hard (No hurdles) - Get after it! 5' recovery after each Cool Down, Stretch	2 x 40m Tape Drills (90%) 3' Recovery Workout: Short Sprinters: 90m @ 80% 3' Recovery 60m @ 90% 3' Recovery 30m @ 95% Long Sprinters: 200m @ 80% 3' Recovery 200m @ 90% 4' Recovery 200m @ 95% Lots of Stretching, Massage Gun, Rolling out and Recovery	
17	18-Spring Break	19	20- Lax @ 4:00pm	21	22- Lax @ 4:00pm	23
Week 8-PC		Hebron: 6 x 120m @ Tempo (80%) Walk back plus 1 minute Hurdlers: A few starts Jumpers: Confirm Marks Hopkins: Starts: 6 x 25m blocks Handoffs (4 x 100 only) Zonis: Starts: 6 x 25m blocks Handoffs (4 x 100 only)	League Meet @ Hebron Hopkins: ALL: 5 x 40m Tape Drills @ 90% with 3' recovery 4 x 1: 2 individual hand off exchanges and then full 4 x 1 run through. Jumpers: Confirm Marks Hurdlers: a few hurdle reps Everyone Else: 2 x 50m hard with full recovery Zonis: ALL: 5 x 40m Tape Drills @ 90% with 3' recovery 4 x 1: 3-4 individual hand off exchanges and then two full 4 x 1 run throughs with full recovery.	Hopkins Invite Hebron: Tempo - Spirit Circuit All: 10 reps Run 100m @ 80% Wak 50m Zonis: Tempo - Spirit Circuit 10 reps Run 100m @ 80% Wak 50m	Hebron: 10-20-30 Hopkins: Tempo - Spirit Circuit Zonis: 6 x 120m @ 80% 4' recovery G: 19-20s B: 17-18s	Zonis (Var 2) Hebron & Hopkins: Short Sprinters: 3 x 3 x Max Effort (Falling 30s) 2' recovery b/w Reps 5' recovery b/w Sets SPIKES Long Sprinters: 5 x 3 x Max Effort (Falling 30s) 2' recovery b/w Reps 5' recovery b/w Sets SPIKES

			Jumpers: Pit Work if necessary Hurdlers: 3 - 4 reps over 3-4 hurdles (100/110 or 300s) Everyone Else: 2 x 50m hard 2 x 40m hard 1 x 30m hard All with full recovery			
24-YM	25- Lax @ 4:00pm	26	27	28- Lax @ 5:15pm	29	30
Week 9-PC	Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 4 x 20m - 40m - 60m 2', 3' and 5' recovery Spikes Long Sprinters 4 x 40m flies max effort 3' recovery 4 x 200m @ 90% of 200m RP 5' recovery Boys: 26 - 28s Girls: 30 - 32s 2 x 40m flies max effort 3' recovery Hurdlers: Starts over 1 - 3 hurdles Cool Down	Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 2 x 4 x 100m In and Outs 30m max 20m float 20m max 10m float 20m max 4' recovery reps 6' recovery sets Spikes Long Sprinters 6 x 150m In and Outs 50m max 20m Float 30m Max 20m Float 30m Max 6' recovery Cool Down	3 Hour Early Dismissal Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery All 6 x 30m Starts 3 with blocks 3 on Pace with Gator starts 4-6' recovery Handoffs Cool Down		Emerging Elite (9th/10th)	Gator Invite (Var)
May 1	2- Lax @ 4:00pm	3	4- Lax @ 4:00pm	5	6- Lax @ 4:00pm	7
Week 10-C Bullseye Youth Meet	NO SCHOOL	Short Sprinters 2 x 4 x 60m Max effort 4 - 5' recovery 8' between sets	Short Sprinters: 3 x 25, 35, 45 @ 90% 3' 4' 6' recovery 1 x 80m Blowout	League Meet @ Atholton Varsity: Handoff work (4x100) Then 4 reps of the full 4x100m relay	ALL Sprinters: DAY Off from track work. Please complete the following @ HOME	Practice at 9:00am for EVERYONE till 10:30am <i>Come Prepared for the Rain and to be outside.</i> <i>If you think you are running</i>

		Long Sprinters 6 x 120m Max Effort 5 - 7' recovery	Long Sprinters: 3 x 35, 45, 80m @ 90% 3', 4', 6' 1 x 100m Blowout		3 sets (Push-ups, Prisoner squats, V-Ups, Rocket Jumps, Burpees. Plank, Flutter Kicks) Note 1: If you can't do a push up, hold the UP position of a push up Note 2: Perform each exercise for 30s and 45 seconds between exercises.	counties, you are expected to be there. <i>Handoffs and Starts</i>
8	9	10	11	12	13	14
Week 11-C	County Champs (Var)	County Champs (Var)	Picture Day NO Practice	Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 6 x 60m blocks Max effort 5' recovery Long Sprinters 4 x Broken 300m 200m - 100m 30" Recovery 6' Recovery 200m @ 400m Race pace Boys 26-27s Girls 29 - 31s 100m HARD Cool Down	PROM NIGHT No Official Team Practice Practice On your Own Warm-Up Drills All: 2 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 10 x 80m @ Tempo (80%) 3' Recovery Long Sprinters 8 x 150m @ Tempo (80%) 4' Recovery Cool Down	Practice at 2pm Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 4 x 30m starts on the straight 3 - 4' recovery 4 x 30m starts on the Turn\ 3 - 4' recovery Hand offs Long Sprinters 3 x 50m starts on straight 3 - 4' recovery 6 x 50m starts on turn 3 - 4' recovery Hand offs Cool Down
15-YM	16	17	18	19	20	21
Week 12-C	Warm-Up Drills All: 4 x 40m Tape Drills @ 90% 3' recovery Short Sprinters 3 x 30m, 60m, 90m Full Effort		3 Hour Early Dismissal Individual Events: 2 - 3 starts from blocks and over hurdles if hurdling - A few run throughs to confirm jump marks.	Region Champs (Var)	Only a few reps Hands offs Starts Shake out	Regionals (Var)

	3', 5', 7' Recovery Long Sprinters 2 x 3 x 120m Full Effort 5' - 7' recovery 10 minutes after first set Jumpers: If you are jumping, please do your plyo and jump drills. Cool Down		Relays: • 2 - 3 Relay exchanges If not competing until Saturday: Same as above, but double reps.			
22-YM	23	24	25	26	27	28
Week 13-C	Warm-Up Drills Short Sprinters 3 x 40m, 60m, 80m Full Effort 4', 6', 8' Recovery 300m Hurdles: 4 sets above the above Long Sprinters 1 x 120 2 x 150 1 x 200 Full Effort, Full Recovery Jumpers: Full Pit work (1 set of short sprints) Cool Down	Warm-Up Drills All: Straight Leg Bounds for 25m Into Max effort 25m 4 Reps 5' recovery SS: 4 x 30m flies (10m accel) 4' recovery LS: 2 x 250m @ 400m RP First 200m: 400m RP Last 50m: FULL OUT 5' recovery Cool Down	Warm-Up Drills SS: Hand offs: Reps as needed Running 1-2 vs 3-4 simultaneously LS: 3 x 200m @ Goal 400m RP Full Recovery Handoffs to wrap up Cool Down	TBD	States	States
29	30	31	Jun 1, 2022	2	3	4
	Day Off	Day Off	Warm-Up Drills 2 x 40m Tape Drills 80%, 90% 4' recovery All: 8 x 120m @ 85% Girls: 16.0 - 17.5s Boys: 15.0 - 16.5s 5' Recovery	Warm-Up Drills 4 x 40m Tape Drills 80%, 85%, 90%, 95% 4' recovery All: 3 x 3 x Max Effort 30m Flies 10m Acc Zone 30m Max Effort 3' Rec between Reps 6' Rec between Sets	Warm-Up Drills 2 x 40m Tape Drills 80%, 90% 4' recovery All: 3 x 4 x 80m @ 85% Girls: 11.0-12.0s Boys: 10.0 - 11.0s 3' Recovery Reps 5' Recovery Sets	Warm-Up Drills 4 x 40m Tape Drills 80%, 85%, 90%, 95% 4' recovery All: 2 x 200m/100m 200m @ 90% 100m Hard Girls: 200m @ 27 - 28s Boys: 200m @ 25 - 26s

			Cool Down	Cool Down	Cool Down	2' Recovery after 200m 15' Recovery after 100m Cool Down
5	6	7	8	9	10	11
	Warm-Up Drills 4 x 40m Tape Drills 80%, 85%, 90%, 95% 4' recovery All: 350m @ 90% Rest: 8' Recovery Girls: 200m @ 59-60s Boys: 200m @ 48-49s 300m @ 90% Rest: 8' Recovery Girls: 200m @ 50-51s Boys: 200m @ 41-42s 200m @ 90% Girls: 200m @ 33s Boys: 200m @ 27s 2' Recovery after 200m 15' Recovery after 100m Cool Down	Warm-Up Drills 4 x 40m Tape Drills 80%, 85%, 90%, 95% 4' recovery All: 2 x 4 x 30m flies 10m acceleration zone 30m max effort 5' between reps 8' between sets Cool Down	Warm-Up Drills 2 x 40m Tape Drills 80%, 90% 4' recovery All: 8 x 120m @ 85% Girls: 16.0 - 17.5s Boys: 15.0 - 16.5s 5' Recovery Cool Down	Warm-Up Drills 4 x 40m Tape Drills 80%, 85%, 90%, 95% 4' recovery If you are doing AAU districts: 6 x 20m starts Blocks (Let me know if you need some) Max effort 4' recovery If you ARE NOT doing AAU districts: 2 x 4 x 40m starts Blocks (Let me know if you need some) Max effort 4' recovery reps 8' recovery sets Cool Down	Day off FOR EVERYONE AAU Folks, I would do a warm-up and stretch really well. Massage gun and relax Hydrate and eat well.	AAU District Meet @ Century HS If you ARE NOT doing AAU districts: Warm-Up Drills 4 x 40m Tape Drills 80%, 85%, 90%, 95% 4' recovery 2 x 200m/120m 200m @ 90% 120m Hard Girls: 200m @ 27 - 28s Boys: 200m @ 25 - 26s 2' Recovery after 200m 15' Recovery after 100m Cool Down
12	13	14	15	16	17	18
AAU District Meet @ Century HS				New Balance Nationals	New Balance Nationals	New Balance Nationals