

Off-day Workouts

	All Wed/Sat/Sun	Tue 06/10	Fri 06/13	Tue 06/17	Fri 06/20
WU		A	A	A	A
Drills					
Technique					
Plyos					
Run	Active Rest		8x100(400m)[1']	8x100(400m)[1']	4 x Hill Series
Core		Pedestal	Pedestal	Pedestal	Pedestal
Cool Down		Stretch/FR	Stretch/FR	Stretch/FR	Stretch/FR
Weights					

	Tue 06/24	Thu 06/26	Tue 07/01	Fri 07/04	Tue 07/08	Fri 07/11
WU	A	A				A
Drills						
Technique						
Plyos						4 x Hill Series +
Run	10x100(80%)[100m]	5x Hill Series	Active Rest	Active Rest	Active Rest	4 x Hill Sprints
Core	Pedestal	Pedestal				Pedestal
Cool Down	Stretch/FR	Stretch/FR				Stretch/FR
Weights						

	Tue 07/15	Fri 07/18	Tue 07/22	Fri 07/25	Tue 07/29
WU		A		A	
Drills					
Technique					
Plyos		3 x Hill Series +		2 x Hill Series +	
Run	Active Rest	8 x Hill Sprints	Active Rest	6 x Hill Sprints	Active Rest
Core		Pedestal		Pedestal	
Cool Down		Stretch/FR		Stretch/FR	
Weights					

***Why so many hills?** The hill series is a good workout for unsupervised training for young athletes because they are relatively safe, keep the athlete in better technical positions, and are both plyometric and speed workouts.

Legend

Warm Up A

Distance/Rep	Drill
100m	Heal walks, pigeon walk, duck walks...
1-2 Laps	Jog, skip, backward skip on grass.
30m	High knees
30m	Butt kicks
30m	A Skips
30m	Side skips L
30m	Side skips R
30m	Straight legs
30m	Backward run.
30m	Hurdle Walks
30m	Single Leg Deadlifts
30m	Toy Soldiers
30m	Lunge Walks
8 each leg	Donkey kicks
8 each leg	Fire hydrants forward
8 each leg	Fire hydrants backwards
8 each leg	Prone Scorpion
8 each leg	Supine Scorpion
8 each leg	Supine Scissors Lateral
8 each leg	Supine Scissors Forward
8 each leg	Fence leg swings Lateral
8 each leg	Fence leg swings Forward
30m	High knees
30m	B Skips
30m	Carioca L
30m	Carioca R
30m	Straight legs
30m	Backward run
30m	Acceleration
60m	Acceleration
90m	Acceleration

Hill Series

30m or 16 Steps
 Alternate Bounds
 Ankle Hopes
 Tuck Jumps
 Forward Lunges
 Backward Lunges
 Lateral Lunges -L
 Lateral Lunges -R
 Sprint

Pedestal

15-20 each leg
 Leg Raises (prone on elbows)
 Leg Raises (supine on elbows)
 Leg Raises (prone on hands)
 Leg Raises (supine on hands)
 Hip Extensions (prone)
 Lateral Leg Raises (each side on elbows)
 Lateral Leg Raises (each side on hands)
 Flexed-knee elbow donkey kicks
 Low-reach crunch
 Low-reach crunch w/ twist

Active Rest (samples)

Just do something for at least 15 mins, but don't get hurt
 Hike
 Bike (not too long)
 12-15 min run
 12-15 Fartlek runs
 Soccer
 Basketball
 Volleyball
 Warm Up A and Foam Roll
 10x100(70%)[1'] grass

Inventory

The general template for a week's workouts is two days speed, two days fatigue and three days active rest. Since only two days a week are supervised, we are including one speed day and one fatigue day...and hoping athletes will do the other days on their own. Dedicated 400m specialist are advised to add another fatigue or cardio day on Saturday. Below are some common workouts that can be done if an athlete is going to miss a scheduled practice.

Missed Speed Day

Hill Series x 4

Missed/Saturday Fatigue Day

10x100m(400m)[60"]

8x150m(400m)[3']

6x200m(400)[walk200]

3x3x300(75%)[walk 100, 6']

3x300(90%)['9]

3x{300m(85%)[60"] + 100m(100%)[10']} -- also called Split 400

300m(90%)[60"] + 4x100m(100%)[6"] -- a different type of Split 400

2x300(95%)[15']

3 x 200m(85%, 90%, 95%)[walk 200] 200m Step-Down (each rep is 1 second faster than previous)

3 x 150m (95%)[15']

Workout Syntax:

sets x repetitions x distance (intensity/pace) [recovery between reps, then recovery between sets]

<http://www.newintervaltraining.com/iaaf-standardised-sessions-www-newintervaltraining-com.pdf>

<http://sprint42.com/2012/11/26/sprint-workout-syntax-example/>