100/ 200m Workouts

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| --- | --- | --- | --- | --- | --- | --- |
| Day | 1 | 2 | 3 | 4 | 5 | 6 |
| Warm-Up | Normal Practice | Normal Practice | Normal Practice | Normal Practice | Normal Practice | Normal Practice |
| Workout | 4x30m  4x40m  4x50m  Walk back for recovery  3 min between sets | 2 Sets  4x40m hills | 6x100m @ 90% of 100m pace  6 min rest | 3 x Circuit 1 | 100-200-300-350-300-200-100 @80  5 minute rest | 3x3 Fly 30’s  60m: 30m acceleration zone, 30m “fly” zone  Gradual deceleration |
| Jumps or Hurdle Stretches | 2x20  Hurdle hops  Squat jumps  Tuck Jumps | 2x20  Squat jumps | 2x 40m  Bounds:  Straight leg  Bent leg | 3x 10  Hurdle Walkovers  Alternate/ Same |  | 2x50  Squat Jumps  50 V sit-ups |
| Strength | 2x20 push ups | 50 V-Sit ups  3x1 min. leg lift  3x15 single leg squats |  |  | 2x25 Push-ups |  |
| Cool Down | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch |

400m

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Warm-Up | Normal Practice | Normal Practice | Normal Practice | Normal Practice |  | Light jog and stretch | Normal Practice |
| Workout | 500m @ 90%  Rest 8m  350m @90%  Rest 7m  300m @90% | Strides | 5x50m starts  (out of blocks if available) | 2x300m  7 min rest each  2x150m  6 min rest each | Rest Day Go to kid stuff, play laser tag or something | 2 miles at challenging pace  (use map my run) | 5x60m accelerations  1 mile easy |
| Jumps or  Stretches | 2x20  Hurdle hops  Squat jumps  Tuck Jumps | 2x20  Squat jumps  3x 10  Hurdle Walkovers  Alternate/ Same | 2x Circuit 1 | 2x 40m  Bounds:  Straight leg  Bent leg |  |  | 2x50  Squat Jumps  50 V sit-ups |
| Strength | 2x20 push ups | 50 V-Sit ups  3x1 min. leg lift  3x15 single leg squats |  |  |  |  | 2x25 Push-ups |
| Cool Down | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch | Barefoot 600m slow!  Stretch |  | Light jog, stretch | Barefoot 600m slow!  Stretch |

Information

* Jumps
  + Hurdle Hops: Set hurdles to lowest setting and place hurdles together so the back of the legs touch the front of the one behind it. Hop over each hurdle using two legs.
  + Squat jumps: Squat and jump up high, land with knees bent and repeat
  + Tuck Jumps: jump and tuck your knees to your chest
  + Straight leg bounds: kick your leg out in front of you, don’t bend at knee, repeat
  + Bent leg bounds: like we do for warm ups
* Hurdle Stretches
  + See my website for hurdle drills, complete at Lincoln or “imagine” hurdles and try your best, walkovers are all non-hurdlers will do.
  + Hurdlers, try to do all of the hurdle drills on the website at least once over break, see Youtube for additional help.
* Circuit
  + (1 min off 30sec off)x2, rest 1 min, 5 minutes in between sets
  + Mountain climbers
  + Side planks
  + Jumping Jacks
  + High knees
  + Squat thrusts
  + Planks
  + Squat jumps
  + Push ups
  + Lateral hops
  + Supermans

Workouts

* Complete workouts at Lincoln or anywhere that is safe.
* Don’t run alone!
* Wear sunscreen
* Bring Gatorade or water
* If you don’t have the right equipment where you are, improvise
* You can substitute circuits or strength drills for weightlifting in a gym if you have access to that

Diet

* Cut back on sweets and soda, increase intake of lean meats (chicken, fish, lean beef) and fruits/veggies
* HYDRATE EVERYDAY NO MATTER WHAT!!!!

Distance

|  |  |
| --- | --- |
| Circuit 1 Core/ Strength | Circuit 2- Plyometrics |
| * Bike kick crunches x 40 * Hip raise x20 * Planks 1:00, 1:20, 1:40 * Wall sits :45, 1:00, 1:30 * Knee tucks x20 * Side planks, 30 sec/side * Leg lifts (5 sec raise, 8” off ground for 10x20 sec) * Pushups x 20 * Superman x20 | * Jumping Jacks x50 * Lunge Jumps 30s * Squat jumps 30s * Mountain climbers 30s * Burpees x 10 * Tuck jumps 30s * Box jumps 30s (18”) off ground |

Workouts: Alternate easy and hard days

|  |  |
| --- | --- |
| Easy Day | Hard Day |
| Jog ½ mile, rice pace ¼ mile, jog ¼ mile, race pace ¾ mile, jog ¼ mile | Mile Repeats  3-5: 70%, 80%, 90%, 80%, 90% (track or big loop greenway) |
| 30 sec bursts  (run @ 80% for 2:00min, 30 sec burst) x4 | 400m repeats  Focus on kick (last 80-100m; explode 40m) x8 |
| Trails  3-5 miles @ greenway, Maclay, Forest Meadows etc. | 10x200m  At mile-5k pace (8-9 exertion on 1-10 scale)  200m jog in-between |
| Track  (Sprint Curves, jog straights x4)x3   1. min rest between sets |  |

To Remember:

* Race pace breathing: Before race beings, at start
* When running: Buddies, safe area day-light preferable, light-colored clothing
* Dynamic: Running stairs
* HYDRATE: All day, every day regardless of activity level
* HS Track: intervals, kick
* Diet: Cutback on soda, sweets, chips; increase protein, greens
* Trails: bring phone, adult supervision recommended