

Off Season Sprints Workout

Warm Up: See “Dynamic Warmup” In the General Off-Season Training Workout

Circuit Training:

Bobcat Circuit

- Run station (200-400m at 60%) -Run Station (200-400m)
- Burpees (10) -Rocket Jumps (15)
- Crunches (30) -Skydiver (30)
- Push-ups (10) -Push-ups (10)
- Squats (20) -Split squats (10 each leg)

Extensive Tempo Endurance: (Pace: 60% of top speed)
(30sec rest or walk 50m, 60sec set recovery or walk 100m)
100x100x100x200, set rec.
100x100x200x100, set rec.
100x200x100x100, set rec.
200x100x100x100

(Ran on 2:00 Cycle)
8x200m

High Intensity/Absolute Sprints: (with or w/out spikes) (Pace: 80-90%)
(3:00 recovery, 6:00 set recovery)
3x30m Stand Start
3x30m 3-Point Start
3x30m Fly (with 20m acceleration)

Strength, Mobility, Flexibility Exercises: (Sets of 10-20 reps)

<u>Hip and Glute</u>	<u>Lower Back</u>	<u>Core/Abdominals</u>
-Fire Hydrants	-Scorpions	-Crunches
-Extenders	-Cat-stretch	-Leg lowers
-Front leg swings	-Ski Diver	-Russian Twist
-Lateral leg swings		-“V” ups
-Lunge walk (stay low)		-Bicycles
		-Scissor Kicks

Useful Reading:

“3 Reasons Sprinters Fall Apart at the End of Races”

<http://completetrackandfield.com/3-reasons-sprinters-fall-apart/>

“Starting Blocks Cheat Sheet” (more like an essay than a sheet :P)

<http://completetrackandfield.com/starting-blocks/>

“Why You Need to Develop Speed Reserve”

<http://completetrackandfield.com/why-you-need-to-develop-speed-reserve/>

Tabata-Style Circuit Training: (Search for “Tabata tracks” on Youtube for music)
(2 Sets, rest in between, 20 seconds on, 10 second off)

- Burpees
- Jump Squat (Rocket Jump)
- Lunge Jump (Body attack) *modify with step lunges*
- Body weight squat
- High knee run (in place)
- Push ups
- Mountain Climbers
- Line Jumps

Tabata for Core: 1 set

- Russian Twist
- Roll ups
- Bicycle
- Flutter Kicks
- Supermans
- Penguins
- Leg lowers
- Crunches

Cool Down Static Stretches:

- Quad
- Hamstring
- Calf
- Hip Flexor
- Sea lion
- Butterfly
- Glute

Please don't hesitate to email Coach Jaeger at jaeger@gallatingatewayschool.com or text at (509) 494-3108 if you have any questions about workouts! I look forward to seeing you guys in March!