Workout Lingo--- Movement Prep, Speed Prep and basic workout questions explained. For Questions ask Coach Schwartz

Movement Prep=Mprep

Speed Prep=Sprep

You can find Movement and Speed Prep under [Sprinter Resources](https://kadetstf.weebly.com/sprinter-resources.html) at kadetstf.weebly.com

The drill list is subdivided into 3 parts mainly – mobility, movement prep and speed prep. The last 2 tasks under speed preps are “Roll Outs” and “Accelerated Curve”.

Roll Outs = spike up (put spikes on) and use a falling start to complete 20m acceleration with walkback recovery and then 40m with walkback recovery and then 60m with walkback recovery. The Roll outs should have a 10m drive phase after the falling start and accelerate through the distance of 20m, 40m and then 60m.

Accelerated Curve=Right after the 60m Rollout, walk back to starting line and do the same for 100m on the 1st curve-falling start, drive phase and then accelerate throughout the curve holding full speed up until you reach the backstretch on the track and then decelerate.

Typically each practice we start with 1. Mobility drills 2. Movement Prep 3. Speed Prep+Roll Outs + Accelerated Curve.

“Pickups”-an all out sprint that is attached to the end of a controlled sprint. For example, you run a 350 at 85% and then rest 30 seconds and then sprint 50m accelerating to full speed from a falling start.

“150m In/Outs”- basically I set up cones on the back stretch and curves. 150m total. 1st 50meters you accelerate until you reach full speed at 50 meters—hold full speed for the middle 50 meters --- last 50meters you “float” by downshifting to 95% (like in a 400m). 150 meters total divided up into 3 phases.

Rest between all the intensive/extensive tempo intervals is by heartrate. Check heartrate and when it is below 120 beats per minute then it is time to run the next interval. Let me know if you have any additional questions