Fall Sprint workouts (strength circuit, ab/core workouts are attached-also available at kadetstf.weebly.com under Sprinter Resources)

 Monday Tuesday Wednesday Thursday Friday

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| 8/16MPrep,SPrepLong Sprints-Tempo3-4 x 50-70 seconds @ 75-80%. You can do distances from 300-400m.Strength Circuit #1Abs/Core Combo | 18MPrep, SPrepSled Pulls: You can do long pulls with light weight-25 lbs.4-6x60meters with full recovery.Abs#1 | 19MPrepEasy running 1.5 miles on dirt/grass2x250m on track at 75% effort. 150m jog recovery. 2 laps cooldownStrength Circuit #2Abs/Core Combo | 20MPrep, SPrepRollouts, Accel. Curve x 210xFalling starts – 10 meters.5x3 point stance start-20 meters.6x100m strides on grass with walkback recovery for cooldown.Abs #1  | 21MPrepEasy running 1.5 miles on dirt/grass2x300m-no time just smooth, good form and working on technique. 1 lap easy jog recovery in between.2 laps easy jog cooldown.Strength Circuit #3Abs/Core Combo |
| 8/24MPrep,SPrepLong Sprints-Tempo4 x 60 seconds @ 75-80% effort on dirt/grass. Recovery is 120 Heartrate.7x100m strides with walkback recovery for cooldownStrength Circuit #1Abs/Core Combo | 25MPrep, SPrepSled Pulls: You can do long pulls with light weight-25 lbs.6x70meters with full recovery. 120 heartrate recovery.3xresisted 3 pt. starts.Easy jog 2 laps for cooldown.Abs#1 | 26MPrepEasy running 1.5 miles on dirt/grass1x500m on track at 75% effort. 2 laps cooldownStrength Circuit #2Abs/Core Combo | 27MPrep, SPrepRollouts, Accel. Curve x 212xFalling starts – 10 meters. Work on falling start technique.6x3 point stance start-20 meters.7x100m strides on grass with walkback recovery for cooldown.Abs #1  | 28MPrepEasy running 1.5 miles on dirt/grass2x300m-no time just smooth, good form and working on technique. 1 lap easy jog recovery in between.2 laps easy jog cooldown.Strength Circuit #3Abs/Core Combo |
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