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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| 8/16  MPrep,SPrep  Long Sprints-Tempo  3-4 x 50-70 seconds @ 75-80%. You can do distances from 300-400m.  Strength Circuit #1  Abs/Core Combo | 18  MPrep, SPrep  Sled Pulls: You can do long pulls with light weight-25 lbs.  4-6x60meters with full recovery.  Abs#1 | 19  MPrep  Easy running 1.5 miles on dirt/grass  2x250m on track at 75% effort. 150m jog recovery. 2 laps cooldown  Strength Circuit #2  Abs/Core Combo | 20  MPrep, SPrep  Rollouts, Accel. Curve x 2  10xFalling starts – 10 meters.  5x3 point stance start-20 meters.  6x100m strides on grass with walkback recovery for cooldown.  Abs #1 | 21  MPrep  Easy running 1.5 miles on dirt/grass  2x300m-no time just smooth, good form and working on technique. 1 lap easy jog recovery in between.  2 laps easy jog cooldown.  Strength Circuit #3  Abs/Core Combo |
| 8/24  MPrep,SPrep  Long Sprints-Tempo  4 x 60 seconds @ 75-80% effort on dirt/grass. Recovery is 120 Heartrate.  7x100m strides with walkback recovery for cooldown  Strength Circuit #1  Abs/Core Combo | 25  MPrep, SPrep  Sled 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 | 26  MPrep  Easy running 1.5 miles on dirt/grass  1x500m on track at 75% effort. 2 laps cooldown  Strength Circuit #2  Abs/Core Combo | 27  MPrep, SPrep  Rollouts, Accel. Curve x 2  12xFalling 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 | 28  MPrep  Easy running 1.5 miles on dirt/grass  2x300m-no time just smooth, good form and working on technique. 1 lap easy jog recovery in between.  2 laps easy jog cooldown.  Strength Circuit #3  Abs/Core Combo |
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