

Spring Break Workouts

We will have organized practice on Monday, Wednesday, and Friday of spring break at 10:00a.m. at City High. If you are in town, you are expected to be at practice. Iowa State Indoor meet is on Monday the 12th, and MVC Indoor on Monday the 19th at UNI. If you lose this paper, the information is on the track web site. If you are experiencing lower leg pain, you should cross train 3-4 days over break by doing bike, swim, or elliptical workouts instead of running.

Sprinters (100-200) & Jumpers: Work out at least 5 times. 3 of your workouts should be hard running workouts, the others a bit easier. Do Core, dynamic flexibility, and stretch every day. You should do the strength circuit 3 times if you don't lift. Do the sprint drill circuit 2 times.

100 & 200 RUNNERS

- 20-40-60-60-40-20 sec. sprints with a good rest between each
- 8 x40 sec. sprints
- 8-10 x 15sec. Sprints with a long rest between.
- 6 x30 sec. Sprints with a 2 1/2 minute rest. Followed by a 60 second sprint.
- Lift if possible

STRENGTH CIRCUIT TRAINING

- Repeat this 3-4 times with 2 minutes between sets
- 20 prisoner speed squats
- 20 push-ups
- Side plank hip raises
- 30 burpies
- 30 calf raises each leg
- 20 dips
- 20 tuck jumps

SPRINT DRILL CIRCUIT

- Repeat this 3-4 times. Do each activity for 30 sec.
- High knees, butt kicks, carioca L & R, push-ups, skip for height, A skip, grasshoppers, high knees fast, prisoner squats, fast feet, stationary pawing drill, fast leg.

If you run on back to back days, have one be longer slower sprints and the next be shorter and faster. You should throw in a couple of easy distance runs of 25-30 minutes during this time as well.

Middle Distance (400-800): Work out at least 5 times. 3 of your workouts should be hard. Do Core & stretch every day. Your workouts should be a mix of the longer sprint workouts and some of the shorter 1500-3000 workouts. Pick from these options:

1 or 2 DAYS OF SPEED

- 10 x 60 sec. hard sprints, 2 min. recovery
- 4 x 2min and 4 x 1 min
- 90-60-30 seconds x 3
- 300-400-500-500-400-300
- 4 x 90 seconds hard (90 jog rest), followed by 4 x 35 seconds hard (2 min rest)
- 4x3min tempo with 1 min recovery/5min jog/4x40sec. hard with walk recovery

2 DAYS OF TEMPO WORK

- 3x4min tempo with 1min recovery/5min jog/4x40sec. hard with walk recovery
- 4min/3min/2min/90sec/60sec/30sec all with 2 min. recovery
- 2x3min/2x2min/2x1min/2x30sec all with 2 min. recovery
- Lift if possible

1 or 2 DAYS OF MIXED WORK

- 3X3 minutes tempo pace followed by 4x45 seconds hard. Then 10 minute build

Distance (1500-3000): Work out 5-7 times. 3 hard runs from the list below and 2 easy distance runs would be great. Tom will be in town and will lead runs on Monday, Wednesday and Friday. Pick from these options or options on the middle distance list:

- Day 1: TEMPO- 4x4 minutes with 1 minute recovery or 3x5 minutes with 1 minute recovery. Follow with 4x35 seconds hard.
- Day 3: FAST- 8x90 seconds hard with 2 minute recovery OR 12x1 minute hard/1 minute easy OR one of the runs from the 400/800 fast day list.
- Day 5: LONG- 65 minutes with 4x1 minute surges
- Days 2, 4, 6: these runs should be 35-45 minutes long at a moderate pace

Throwers:

- Lift if at all possible
- Do your ab stabilization work
- Do stairs, plyometrics, or short sprints
- Throw if you have access to equipment. Take something home with you over break!

In the event of an emergency:

Some of you will be in locations where it will be difficult to go out and run. If this is the case, anything you can do will be more beneficial than doing nothing. You could do plyometrics in the hotel room, run up and down the hotel stairs, swim, run on the beach, do some speed walking, jump rope, do mini-bands, step-ups or anything to get your pulse rate up for an extended period of time. You may need to be creative to get the work done to come back from break refreshed AND fit.

This is a critical training period for us. You have worked **VERY** hard over the last 4 weeks to get where you are. **DON'T** let it all slip away in a matter of 9 days. We have yet to get to the meets that are important (Drake, Conference, State) and are not at all to the point where we can "coast" in the rest of the season. Keep the focus on your goals and prepare for an awesome outdoor season of track & field. See you all on the at MVC Indoor meet on the 19th!