**Week 3 Pre-season workouts for sprinters and hurdlers**

**Week of November 4th**

**Day 1-**

**\*Dynamic Warmup**

\*see warm up document (drills)

\***run for 25-30 minutes non stop**

\***strength and core from week one**

* **static stretching for cool down**

**Day 2**

**\*Dynamic Warmup (drills) (skip sprints at the end)**

**\*using the curve 2 sets of 5x40 meters, 3-5 min between reps and 6-8 min between sets. Total sprint volume is 400 meters-**use any combination of falling, three point, or push up starts

* **cool down**

5-10 min jog , static and partner stretches

**Day 3**

**\*Dynamic Warm up (drills)**

\***Run for 30 minutes non stop**

**\*strength and core exercises from day one**

**\*cool down** static stretching

**Day 4**

**\*Dynamic Warm up (skip sprint portion)**

**\* 3 sets of 4 X 40 meters , 3-5 min between reps and 6-8 minutes between sets. Total sprint volume 480 meters**

-use any combination of falling, three point or push up starts

**\*cool down**

**5-10** 5-10 minute jog, static and partner stretches