**Week 2 Pre-season workouts for sprinters and hurdlers**

**Week of October 28**

**Day 1-**

**\*Dynamic Warmup**

\*see warm up document (drills)

\***run for 25 minutes**

\***strength and core from last week**

* **static stretching for cool down**

**Day 2**

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

**\*2 sets of 6x30 meter sprints, 3-5 min between reps and 6-8 minutes between sets. Total sprint volume is 360 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 25 minutes**

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

**\*cool down** static stretching

**Day 4**

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

**\*Using the curve….. 2 sets of 6 X 30 meters , 3-5 min between reps and 6-8 minutes between sets. Total sprint volume 360 meters**

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

**\*cool down**

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