**Winter 2024 Sprints and Hurdles**

**Monday December 2, 2024**

**Day 1**

**\*Dynamic warm up**

**\*Start Progressions/accelerations Group 1A (4) , Group 1B (3), Group 2A (3), Group 2B (2 sets) of below with 3-5 min in between each rep and 6-8 minutes in between set ; total sprint volume of 480m for 1A, 360m for 1B and 2A and 240 m for 2B**

-push up position to 20 meters

-lie on back with head closest to the starting line to 20 meters

-sit facing backwards to 20 meters

-falling start to 20 meters

-3 point start to 20 meters

-4 point start to 20 meters

**\*Cool down**

Static stretches, partner stretches

**Tuesday December 3, 2024**

**Day2  
\*Dynamic warm up**

**Absolute Speed using 4 point starts**

**1A** 4 sets of 3x60 meters total volume 720m

**1B** 3 sets of 3x60 meters total volume 540

**3-5 minutes in between each rep 6-8 minutes in between each set**

**Acceleration (using any start from the day before)**

**2A** 4 sets of 3x30 meters total volume 360 meters

**2B** 3 sets of 3x30 meters total volume 270 meters

**3-5 minutes between each rep 6-8 minutes in between each set**

**\*Cool Down - static stretches and partner stretches**

**Wednesday December 4, 2024**

**Day3**

**\*Dynamic warmup**

**Extensive Tempo 40 % of goal pace**

**1A** 4x600 meters total volume 2400 meters **45 seconds - 2 minutes rest in between reps**

**anywhere between 110.4 seconds to 120 seconds**

**1B** 3x600 meters total volume 1800 meters **45 seconds-2 minutes rest in between reps**

**this group will be 120 seconds plus**

**2A** continuous tempo (heart rate between 130-150) 25-35 minutes

**2B** continuous tempo (heart rate between 130-150) 15-20 minutes

**\*cool down-static and partner stretches**

**Thursday December 5, 2024**

**Day 4**

**\*Dynamic warmup**

**Group 1A and B** 3x100 meter strides easy effort

**\***Timed 200 meters

**rest 15 minutes active recovery walking , more dynamic work, etc**

**\***Timed 100 meters

**\***continuous run 15-20 minutes

**\*cool down static and partner stretches**

**Group 2A and B** practice starts for form (till you know what you are doing)

\*cool down static and partner stretches

**Friday December 6, 2024**

**Day 5**

**\*Dynamic warmup**

**Group 1A and B**

\*sprinters practice starts for form (till you know what you are doing)

\***cool down** and partner stretches

\*Hurdlers, hurdles drills, starts over hurdles.

\*Hurdlers timed over 5 hurdles

\***cool down** static and partner stretches

**Group 2A and B** 3x100 meter strides easy effort

\***\***Timed 200 meters

**rest 15 minutes active recovery walking , more dynamic work, etc**

**\***Timed 100 meters

**\***continuous run 15-20 minutes

\*cool down static and partner stretches