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

**Week of October 21st**

**Day 1-**

**\*Dynamic warmup**

\*See warm up document

**\*Run for 20 minutes**

**\*Strength and core (see below)**



**\*Static stretching for cool down**

**Day 2**

**\*Dynamic warm up (skip sprints at the end)**

**\*Start Progressions/accelerations 2 sets of below with 3 min in between each rep and 6-10 minutes in between set ; total sprint volume of 240 meters**

-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

**Day 3**

**\*Dynamic Warm Up**

**\*Run for 20-25 minutes**

**\*Do Strength and core from day 1**

**\*Static stretching for cool down**

**Day 4**

**\*Dynamic Warm up (skip sprints at the end)**

**\*3x4x30 meter sprints using a pushup start; 3 min in between reps 6-10 minutes in between sets; total sprint volume 360 meters**

**\*cool down**

Static stretches