**Winter 2024 Sprints and Hurdles**

**Week 2**

**Monday December 9, 2024**

**Day 1**

**\*Dynamic warm up**

**\*accelerations/absolute speed 3 or 4 pt start**

 **1A.** 5x3x60m (total volume 900m) 3-5 min between reps 6-8 between sets

 **1B.** 4x3x60m (total vol 720m) 3-5 min between reps 6-8 between sets

**\*Start Progressions/accelerations 3 or 4 pt start**

 **2A.** 4x6x20m (total vol 480m) 3-5 min between reps 6-8 between sets

 **2B** 3x6x20m (total vol 360m) 3-5 min between reps 6-8 between sets

**\*Cool down**

Static stretches, partner stretches

**Tuesday December 10, 2024**

**Day2
\*Dynamic warm up**

**Testing for speed and power athletes**

\*30m run with standing start. best of two attempts

\*SLJ:standing long jump from squat position into sandpit. best of 2 attempts

\*UHF:underhand forward throw with shot off a toe board boys (12lb shot) girls(8.818lb shot) best of two attempts

\*STJ:standing triple jump from a runway into the sandpit, best of two attempts.

\*150m:one maximal effort 150 meters on track

\*600m:one maximal effort 600 meter on a track

**Wednesday December 11, 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**

**Day4**

**\*Dynamic warmup**

**Hurdlers**

**\*warm up, drills, hurdle mobility**

3x6 hurdle full runs against another hurdler **(approx 180m volume)**

**10-15 min rest in between**

2x150 meters 90-95 % pace **(300m volume) 5-6 min between reps**

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

**Sprinters**

**\*warm up, drills, hurdle mobility**

**Group 1A**

2 sets of 50,150, 50,150,50 at 90-95% of full speed **5-6 min between reps 8-10 between sets total volume (900 meters)**

**Group 1B** 2 sets of above take off the last 50 of each set **total volume (800m)**

**Group 2A**

**2 sets of 50, 75, 150 total volume (550m)**

**Group 2B**

**2 sets of 20, 50, 100 total volume (350m)**

**5-6 min between reps 8-10 min between sets**

**Friday December 6, 2024**

**Day 5**

**\*Dynamic warmup**

**All Groups running tomorrow**

**\*sprint and hurdle boys 1A and B wicket drill 7accel marks 1.7 meters**

**between wicket 1 & 2 11 wickets total = 29.62 meters total run (3-4**

**runs with 3-4 min rest in between)**

**\*sprint and hurdle girls 1A and B wicket drill 7 accel marks 1.5 meters between wicket 1&2 11 wickets total = 27 meters total ( 3-4 runs with 3-4 min rest in between)**

\*Hurdlers- Hurdle warm up, rhythm and form drills, 3-4 starts of 2-3 hurdles

\*Sprinters running Saturday - relay handoffs

All Groups not running tomorrow

Same as above see coaches if need help or want to try anything new.