**Week 4 Pre-season workouts for sprinters and hurdlers**

**Week of November 11th**

**Day 1-**

**\*Dynamic Warmup**

\*see warm up document (drills)

\***run for 30-35 minutes non stop**

\***strength**

**-**3x15 pushups

- 3x15 squat jumps

- 3x15 burpees

- 3x 20 sec mountain climbers

- 3x20 each leg walking lunges

- 3x 20 side thigh calf raises (use something for support, swing left

leg as high as you can to the side 20 times, then same for right, then

feet together 20 calf raises slow and controlled)

* **static stretching for cool down**

**Day 2**

**\*Dynamic Warmup (drills)**

**\*4x10m push-up start,** 1.5min rep recovery**,** 3 min till the next set

**\*4x20m from 3pt start,** 2.5 min rep recovery**,** 3.5mintill next set

\***4x30m from falling start,** 3 min rep recovery , 4.5 min till next set

\***4x30m from pushup start,** 3min rep recovery, 4.5 min till next set

\***4x30m acceleration plus 10 m maintain (40m total) from falling start,**

3.5min rep recovery

**Total sprint volume 520 meters**

**\*cool down**

5-10 min jog , static and partner stretches

**Day 3**

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

\***Run for 35 minutes non stop**

**\*strength**

**-**3x15 pushups

- 3x15 squat jumps

- 3x15 burpes

- 3x 20 seconds mountain climbers

- 3x20 each leg walking lunges

- 3x 20 side thigh calf raises (use something for support, swing left

leg as high as you can to the side 20 times, then same for right, then

feet together 20 calf raises slow and controlled)

**\*cool down** static stretching

**Day 4**

**\*Dynamic Warm up**

**\*4x30 m falling start** 3min rep recovery 4.5 min till next set

**\*3x30m 4pt start** 3min rep recovery 4.5 min till next set

**\*3x40m 4pt start** 3.5 min rep recovery 6-8 min till next set

**\*4x60m falling start** 5 min rep recovery

**Total volume 570 meters**

**\*cool down**

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