**Week 5 Pre-season workouts for sprinters and hurdlers**

**Week of November 18th**

**Day 1-**

**\*Dynamic Warmup**

\*see warm up document (drills)

\***continuous tempo run 30-40 min 50-60 % effort (heart rate 130-150)**

\***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) skip the sprint portion**

**\*3x10m quick feet 30m sprint** 3min rep recovery**,** 6-8 min till the next set

**\*3x10m straight leg bounding 30 meter sprint** 3 min rep recovery**,** 6-8 min till next set

\***3x10m mountain climber 30 meter sprint** 3 min rep recovery, 6-8 min till next set

\***3x10m broad jump 30 meter sprint** 3min rep recovery, 6-8 min till next set

\***3x10m bounding 30 meter sprint** 3 meter rep recovery, 6-8 min till next set

**Total sprint volume 600 meters**

**\*cool down**

5-10 min jog , static and partner stretches

**Day 3**

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

\***Continuous tempo Run for 30-40 min (heart rate 130-150)**

**\*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 (drills) skip the sprint portion**

**3 sets of 3x60m sprints** 3-5 min recovery between reps, 6-8 min between sets

**1 set of 2x60 meters** 3-5 min recovery between reps

**total sprint volume 660 meters**

**\*cool down**

5-10 minute jog, static and partner stretches