**Week 6 Pre-season workouts for sprinters and hurdlers**

**Week of November 25 th**

**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**

**\*2 sets of 5x100’s at 80 percent of goal 100 meter pace** (if you need help figuring out ask one of us) 3 minutes rest and 7 minutes rest in

between sets

**total sprint volume 1000**

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**

**Tempo 7x200’s 60% of goal 200 pace.** 45 seconds between reps

3-5 min recovery between reps **(if you using the track cut across)**

**total sprint volume 1400 meters**

**\*cool down**

5-10 minute jog, static and partner stretches