

Sprinters/Hurdlers/Jumpers Running Workouts

Monday

2 x 500m

2 x 400m

2 x 300m

(300m hurdlers do ever other w/ hurdles)

2 sets of 20 throw downs

2 sets of 30 Supermans

Tuesday

4 x 30m out of blocks (or 6 x 50m fliers
for 400+m runners)

5 x 50m uphill

2 sets of 20 throw downs

2 sets of 30 Supermans

Wednesday

1+1+1+2 5 sets

2 sets of 20 throw downs

2 sets of 30 Supermans

Thursday

20 minute jog

4x4x60 1 minute recovery on field

(3 min between sets)

Friday

2x600

2x400

2x200

(300m hurdlers do ever other w/ hurdles)

2 sets of 20 throw downs

2 sets of 30 Supermans

Make sure you get these practices in. Otherwise the weeks to come will not be much fun. Be safe and enjoy your break.