

Hello Sprinters, Jumpers, Hurdlers, I hope this Monday finds you and your families all healthy and finding ways to occupy your time. The weather is simply beautiful, I hope you are encouraged to get outside and enjoy it! Eat healthy and drink lots of water.

Monday, April 20th~

WARM UP by Jogging

Swing a leg at the fence, Stretch

Full Drills (Toe Pops, A's, B's, C's, High Skip, High knee Run, 2 Leg Hops, Single Leg Hops, 20 Yard Bounds)

Progressive Strides 2@75%-100m

2@85%-100m

INTERVALS~

100/200 Groups:

	Men Group 1	Men Group 2	Women Group1	Women Group 2
1x250	33.5-35	35.5-39	38-41.5	42.5-48
2x200m	25.5-27.5	27-32	28.5-30	29.5-34.5
2x150m	19-20.5	21-24.5	21-23.5	22.5-25
200/400 Groups:	Men	Men	Women	Women
2x300m	41.-44.5	42.5-48	48.5-52	52.5-59
2x200m	26-27.5	28.5-33	28.5-30	30.5-36
1x150m	19.5-21	21-25	21.5-23	22.5-26

-ALL INTERVALS done with 7 minutes of moving rest in-between.

-PLEASE relax through your shoulders to swing your arms. Pull you hands back to your pocket. Stay tall in your hips, don't sink, remain in sprint position, don't allow your heel to strike the ground. With the weather being warmer, remember to pace yourselves through the early intervals.

Sunshine has a tendency to allow you to go too fast on the early intervals and not being able to finish the final intervals of the workout strong with good numbers.

CORE~

2 Times Through:

Plank 1:15 Min, 10 Push Ups, 10-360 Planks(in plank position lift left arm to the sky, then right arm to the sky, then lift left leg, then right leg-that's 1 & start again), 3x25 Crunches, 15 v-sits, single Leg Squats 10, 10 Exploding Push Up, Single Leg Bridges 10 each leg, Calf Raises 20

If you have a Partner Russian Hamstrings- 3x4secs.

COOLDOWN~

Jog for at least 10 Minutes Stretch for at least 10 Mins

TUESDAY~

On the turf if possible. On the track if you have to.

Regular Warm Up. JOG, Swing, Stretch, Drills (No hopping) 2x60 strides@75%
2x60 strides@85% Circuit 2 Times through.

4 Stride the straight-away and walk/jog end zones or corners.

**first & third walk/jog, 30 lunges

**second & forth walk/jog 16 German splits (For a total of 120 lunges/64 German splits)

In between the 2 sets of strides:

10 Plank Up/Downs, Plank Circles 10Left/Right, 30 Russian Twists, 20 Mountain
Climbers, 40 Dead Bugs, 15 Superman

Cool Down Jog 15 Minute Minimum. Stretch For a minimum of 10 Minutes

WEDNESDAY~

Today is a day for active cross training. Pick One. 25-30 Min Run

45-50 Min Bike Ride 15-20 Min Jump Rope

Afterwards Stretch for 15 Minutes.

THURSDAY~

JOG, Swing Legs, Stretch, Full Drills with Hopping and Bounding today. I expect your
legs to be tired today. Take your time to warm up well!

On Turf Field if Possible.

**7 Down and Backs. Start in an End Zone and stride to the other end zone and back.

That is 1. You have 4 Minutes rest in-between each down and back.

Should be done at a pace that you are working hard enough to be quite tired by the end,
by able to complete all.

Follow Monday's Core workout.

Cool Down By Jogging the Full Trail or 4 Laps for at least 10 Minutes. Stretch!

Your legs should be quite tired after these last FOUR days. Hydrate Well! And get
enough Sleep at night. Turn off your phones:)

FRIDAY~

Happy Hills Friday.

Important to jog to the hill and back. Start with: 2 Long, 3 Short.

7 Minute Rest Intervals. Try to run quicker times consistently. Stretch. Please send times of two longs.

Happy Weekend! Be Positive IRISH!! I miss being at practice with all of you. I hope you are keeping a good attitude about school, workouts and life!