

Knox College 400m Sprinters Summer Running Workout

Monday					
<u>Exercise</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
Warm-up/Stretch	1 mile run	1 mile run	1 mile run	1 mile run	1 mile run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
2x600m Speed	at 95secs, rest 15min	at 93secs, rest 15	at 91 secs, rest	at 89 secs, rest 15	at 87 secs, rest 15
3x300m Speed	at 55 sec, 1 min rest	at 54 secs, 1 min	at 53 sec, 1 min	at 52 sec, 1 min	at 51 sec, 1 min
3x300m Speed	at 40 secs, 5 min rest	at 40 secs, 5 min rest	at 40 secs, 5 min rest	at 40 secs, 5 min rest	at 40 secs, 5 min rest
Cool-Down	10 min jog	10 min jog	10 min jog	10 min jog	10 min jog
Weights					
Stretch					
Tuesday					
<u>Exercise</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
Warm-up/Stretch	1 mile run	1 mile run	1 mile run	1 mile run	1 mile run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
6x200m	at 34 secs, rest 3 min	at 33 secs, rest 3	at 32 secs, rest 3	at 31 secs, rest 3	at 30 secs, rest 3
6x150m Hills	Fast up, Jog down	"	"	"	"
Cool-Down	10 min jog	10 min jog	10 min jog	10 min jog	10 min jog
Stretch					
Wednesday					
<u>Exercise</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
Warm-up/Stretch	1 mile run	1 mile run	1 mile run	1 mile run	1 mile run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
4x300m event run*	at 54 secs, rest 10 min	at53 sec, rest10 min	at 52 secs, rest 10	at 51 secs rest 10	at 50 secs, rest 10
3x200m Speed	33s-32s-31s, rest 3 min	32s-31s-30s, rest 3	31s-30s-29s, rest 3	30s-29s-28s, rest 3	30s-29s-28s, rest 2
Cool-Down	10 min jog	10 min jog	10 min jog	10 min jog	10 min jog
Weights					
Stretch					
Thursday					
<u>Exercise</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
Warm-up/Stretch	1 mile run	1 mile run	1 mile run	1 mile run	1 mile run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
Pyramids*	At 32 sec/200m pace	32 sec/200m pace	31 sec/200m pace	30 sec/200m pace	29 sec/200m pace
6x100m Striders	Med. speed, 1 min rest	"	"	"	"
Cool-Down	10 min jog	10 min jog	10 min jog	10 min jog	10 min jog
Stretch					
Friday					
<u>Exercise</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
Warm-up/Stretch	1/2 mile run	1/2 mile run	1/2 mile run	1/2 mile run	1/2 mile run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
2 mile run	"	"	"	"	"
Weights					
Cool-Down	10 min jog	10 min jog	10 min jog	10 min jog	10 min jog
Stretch					