

Knox College 55m/100m/200m 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	5 min run	5 min run	5 min run	5 min run	5 min run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
40-50M sprints	6@3 min recov	6@3 min	6@2 min	6@2 min	6@1min
Falling Accelerations*	6x20m	6x20m	6x20m	8x10m	8x10m
Plyometrics	2xJump Rope@45s	Jump Rope@45s	Jump Rope@1m	Jump Rope@1m	JR@ 90 secs
Cool-Down	5 min jog	5 min jog	5 min jog	5 min jog	5 min jog
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	5 min run	5 min run	5 min run	5 min run	5 min run
Interval Training*	4x400m (JC, SS)	4x400m	4x400m	4x400m	5x400m
	4x200m@75%max	4x200m@75%	6x150m@80%	6x150m@80%	
Weights					
Cool-Down	5 min jog	5 min jog	5 min jog	5 min jog	5 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	5 min run	5 min run	5 min run	5 min run	5 min run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
Block starts/start drills	4x@30m	4x@30m	4x@30m	4x@30m	4x@30m
Stick drill running	4x	4x	4x	4x	6x
Cool-Down	5 min jog	5 min jog	5 min jog	5 min jog	5 min jog
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	5 min run	5 min run	5 min run	5 min run	5 min run
15 min run	"	"	20 min run	20 min run	25 min run
Weights					
Cool-Down	5 min jog	5 min jog	5 min jog	5 min jog	5 min jog
Stretch					

<u>Friday</u>					
<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	5 min run	5 min run	5 min run	5 min run	5 min run
Sprint Drills	HK,BK,AS,BS,CS,CL	"	"	"	"
Speed Development*	4x80m@80%max	4x80m@80%max	4x80m@80%max	5x60m@90%	5x60m@90%
Rollover Starts*	6x30m	6x30m	6x30m	8x30m	8x30m
4xIns and Outs	20m-20m-20m	20m-20m-20m	25m-25m-25m	25m-25m-25m	30m-30m-30m
Cool-Down	5 min jog	5 min jog	5 min jog	5 min jog	5 min jog
Stretch					
<u>Saturday</u>					
<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	5 min run	5 min run	5 min run	5 min run	5 min run
Special Endurance	2x300m@80% max	2x300m@80% max	4x200m@85%	4x200m@85%	6x150m@90%
Hills*	4x100m uphill runs	4x100m uphill runs	6x80m hills	6x80m hills	8x60m hills
Weights					
Cool-Down	5 min jog	5 min jog	5 min jog	5 min jog	5 min jog
Stretch					