

Spring Break - We will practice from 9:00-11:00 Monday thru Friday

### Sprinter workouts

You should work out at least six times over spring break...more if possible.do these workouts in any order that works for you:

1. Always start with some bounding, high knees and your choice of grapevine, butt-kicks or backwards running...choose four or five of the sprint drills we've been doing.
2. Choose three days to work hard: 8 x 100m with 2 minutes rest between each hundred. One city block is approximately 100m....50-100-150-200-150-100-50m run these at three quarters speed walk back the same distance for your recovery. 5 x 50 or 4 x 100 full speed, full recovery....5 x 200 at three quarters speed with about three minutes rest between them.
3. Things to do on easy days: find a hill...for a long hill do 5-7 hills, for short steep hills, sprint 10-12 hills. Finish with 15 minutes of running....go on an easy run 20-30 minutes. Go on a tempo run, alternate jogging a block and striding a block. Go for a nice run on the beach...around 30 minutes.
4. Alternate activities would be swimming or biking...you've got to do more than just walk around.
5. Have fun!!!

Kris

PS Coaches love Spring Break Surprises!!!