

SPRING BREAK WORKOUTS – SPRINTERS AND JUMPERS

EVERYDAY:

- Always run with a partner.
- Always do regular warm-ups and always cooldown after the workout.
- 8 sets EVERYDAY
- 30 walking lunges EVERYDAY

Saturday- “30 Blocks” - Sprint 1 block, jog 1 block. Do enough to get 15 sprints, which should be at LEAST 100 meters.

Sunday-Rest

Monday-35 min. run, getting heartrate up to at least 140, prefer 160.

Tuesday-Sprint-Jog- Sprint 20 seconds jog 1 minute. Do this 15 times. Then sprint 10 seconds, jog 30 seconds, for 8 times.

Wednesday- Same as Monday.

Thursday- Same as Saturday.

Friday-Run 10 min. in the sand. (watch for glass,etc.) In waist high water, do 20 high knees Fast as you can. Rest 30 seconds, repeat. Do this 10x. Then do 10 minutes in the sand again.

Saturday-Run for 5 min., then up tempo for 2 minutes. Do this 5 times for a total of 35 minutes.

Suggestions:

- Running in the water is always a good alternative.
- Bring a jumprope, this is another good alternative.

Use these days as your guide.....whatever your travel day is, you can pick up on the day listed. Have Fun!