

Spring Break Track Workout: Sprinters (April 11-20, 2008)

Friday (4/11)

1. Stretch
2. Drills
3. 40 min
4. Strides 6x100 (or 18 seconds) focus on form; up tall, on toes, relax arms and shoulders, high knees
5. Ab workout- 2x15 any 6 exercises

Saturday (4/12):

1. Stretch
2. Drills
3. 30 min
4. Ab workout- 2x15 any 6 exercises

Sunday (4/13): OFF

Monday (4/14):

1. Stretch
2. Drills
3. 10 x 100's
4. Strides 6x100 (or 18 seconds) focus on form; up tall, on toes, relax arms and shoulders, high knees
5. Ab workout- 2x15 any 6 exercises

Tuesday (4/15): PRACTICE at COLUMBIA OR AVERILL PARK IF AT AP BUS WILL LEAVE AT 9:30 AM OTHERWISE (10-12 NOON)

Wednesday (4/16): PRACTICE at COLUMBIA (10 am-12 NOON)

Thursday (4/17): PRACTICE at COLUMBIA (10 am-12 NOON)

Friday (4/18):

1. Stretch
2. Drills
3. 20 min
4. Strides 6x100 (or 18 seconds) focus on form; up tall, on toes, relax arms and shoulders, high knees
5. Lunges
 - a. Straight 1x15
 - b. Twist 1x15
 - c. Over head/Side to side 1x15

OVER →

Saturday (4/19): MEET AT BETHLEHEM IF NOT HERE FOR MEET
DO THIS WORK-OUT

1. Stretch

2. Drills

3. 20 min workout

- **5 min jog (warm-up)**
- **30 sec hard**
- **1 min jog**
- **30 sec hard**
- **1 min jog**
- **30 sec hard**
- **1 min jog**
- **30 sec hard**
- **1 min jog**
- **30 sec hard**
- **2 min jog**
- **30 sec hard**
- **6 min easy jog (cool down)**

4. Stretch

Sunday (4/20): OFF

Monday (4/21): PRACTICE at Averill Park (bus leaves at 2:30 pm)

**** If we don't have practice at Averill Park it will be normal time 3:30 pm at Columbia!!**

League Meet is on Tuesday at Bethlehem (Bus leaves at 2:45 pm from Columbia.)