Sprint & Hurdle Workout Schedule

	r Track & Field	T	W	T1	Sprint & Hurdle Wo	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec - 31	Jan - 01	Jan - 02	Jan - 03	Jan - 04	Jan - 05	Jan - 06
Week 1	Lluralla Mahilitu/	Llundle Mehilitu/	Llundle Mehilitud	Llurdle Mehilitu/	Llundle Mehilitu/	
Everyday	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/ Wall, Side & Kriss Cross	Hurdle Mobility/ Deceleration	Hurdle Mobility/ W-drill	
Everyday Warm-up &	Wall, Agility Sq	W-drill, Wickets	Wall, Side & Kriss Cross	Deceleration	vv-uriii	
dynamic	4 x (7 x 100m)	Acceleration A,B	8 x 300m	Speed Drill A	10 x 100m Hills	
stretching	@ 75%	Bounding Drill	@ 75%	Wickets	up the drain	
	B: 16"-18"	Med Ball Drill	B: 56"-59"	Acceleration A,B	@ good effort	
	G: 17"-19"	Jump Rope	G: 64"-69"	Bounding Drill	Rest = walk back	
	Rest = walk back 50m	Hurdle Drill A,B	Rest = 3.5', 3', 2.5', 2',	Med Ball Drill	r toot maint book	
	4' between sets	,	1.5', 1', 30"	Jump Rope		
				Hurdle Drill A,B		
		Crawling Core		Planking Core		
	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	
	Bounds	Bounds	Bounds	Bounds	Bounds	
Jan - 07	Jan - 08	Jan - 09	Jan - 10	Jan - 11	Jan - 12	Jan - 13
Week 2	our oo	July 50	oun 10		oun 12	our 10
	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	
<u>Everyday</u>	Wall, Agility Sq	W-drill, Wickets	Wall, Side & Kriss Cross	Deceleration	W-drill	
Warm-up &		,	,			
dynamic	4 x (7 x 100m)	Acceleration A,B,C	8 x 300m	Speed Drill A	10 x 100m Hills	
stretching	@ 75%	Bounding Drill	@ 75%	Wickets	up the drain	
	B: 16"-18"	Med Ball Drill	B: 56"-59"	Acceleration A,B	@ good effort	
	G: 17"-19"	Jump Rope	G: 64"-69"	Bounding Drill	Rest = walk back	
	Rest = walk back 50m	Hurdle Drill A,B	Rest = 3.5', 3', 2.5', 2',	Med Ball Drill		
	4' between sets		1.5', 1', 30"	Jump Rope		
Stretching				Hurdle Drill A,B		
routine		Crawling Core		Planking Core		
	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	
	Bounds	Bounds	Bounds	Bounds	Bounds	

2024 - Cedal	Cedar Track & Field Sprint & Hurdle Work					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan - 14	Jan - 15	Jan - 16	Jan - 17	Jan - 18	Jan - 19	Jan - 20
Week 3						
		Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	
<u>Everyday</u>		W-drill, Wickets	Wall, Side & Kriss Cross	Deceleration	W-drill	
Warm-up &	MLK Day					
dynamic		Acceleration A,B,C,D	8 x 300m	Speed Drill A	10 x 100m Hills	
stretching	No School	Bounding Drill	@ 75%	Wickets	up the drain	
		Med Ball Drill	B: 56"-59"	Acceleration A,B	@ good effort	
	4 x (7 x 100m)	Jump Rope	G: 64"-69"	Bounding Drill	Rest = walk back	
	@ 75%	Hurdle Drill A,B	Rest = 3.5', 3', 2.5', 2',	Med Ball Drill		
	B: 16"-18"		1.5', 1', 30"	Jump Rope		
Stretching	G: 17"-19"			Hurdle Drill A,B		
routine	Rest = walk back 50m	Crawling Core		Planking Core		
	4' between sets					
		4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	
		Bounds	Bounds	Bounds	Bounds	
Jan - 21	Jan - 22	Jan - 23	Jan - 24	Jan - 25	Jan - 26	Jan - 27
Week 4						
	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	
<u>Everyday</u>	Wall, Agility Sq	W-drill, Wickets	Wall, Side & Kriss Cross	Deceleration	W-drill	
Warm-up &	40 450		500 400 000 000 000		0 450 1111	
dynamic stretching	10 x 150m	Acceleration A,B,C,D	500, 400, 300, 200+200	Speed Drill A	8 x 150m Hills	
Stretoring	@ 85%	Bounding Drill	B: 1:20', 1:04', 48"	Wickets	up the drain	
	B: 21"-23"	Med Ball Drill	32", 32"	Acceleration A,B	@ good effort	
	G: 24"-26"	Jump Rope	G: 1:34', 1:15', 56"	Bounding Drill	Rest = walk back	
	Rest = 3'	Hurdle Drill A,B	38", 38"	Med Ball Drill		
Otrostala ira si			Rest = 4', 1'	Jump Rope		
Stretching routine		0		Hurdle Drill A,B		
Toutille	4 × 50m Ctusinht I sa	Crawling Core	4 v 50m Otmainht Lan	Planking Core	4 v 50m Otmainist I am	
	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	
	Bounds	Bounds	Bounds	Bounds	Bounds	
		Hurdle Drill C		Hurdle Drill C		

Sprint & Hurdle Workout Schedule

		Sprint & Hurdie Workout Schedu				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan - 28	Jan - 29	Jan - 30	Jan - 31	Feb - 01	Feb - 02	Feb - 03
Week 5						
	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	
<u>Everyday</u>	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	
Warm-up &						
dynamic	Acceleration A,B,C,D	3 x (7 x 100m)	300, 200+200	8 x 150m	Acceleration A,B,C,D	
stretching		@ 75%	B: 48", 32", 32"	@ 85%		
		B: 16"-18"	G: 56", 38", 38"	B: 21"-23"		
		G: 17"-19"	Rest = 4', 1'	G: 24"-26"		
		Rest = walk back 50m		Rest = 3'		
		4' between sets				
Stretching						
routine						
	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	
	Bounds	Bounds	Bounds	Bounds	Bounds	
	Weights @ 4:00pm	Ankle/Shin Mobility	Weights @ 3:00pm	Ankle/Shin Mobility	Weights @ 4:00pm	
Feb - 04	Feb - 05	Feb - 06	Feb - 07	Feb - 08	Feb - 09	Feb - 10
Week 6						100 10
I T T C C IX C	r Parent Meeting					
Trock 5	*Parent Meeting* Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	
	Hurdle Mobility/	Hurdle Mobility/ Wall. Side & Kriss Cross	Hurdle Mobility/ Wall. Side & Kriss Cross	Hurdle Mobility/ Wall. Side & Kriss Cross	Hurdle Mobility/ Wall. Side & Kriss Cross	
<u>Everyday</u>		Hurdle Mobility/ Wall, Side & Kriss Cross	Hurdle Mobility/ Wall, Side & Kriss Cross	Hurdle Mobility/ Wall, Side & Kriss Cross	Hurdle Mobility/ Wall, Side & Kriss Cross	
	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	
<u>Everyday</u> Warm-up &	Hurdle Mobility/	Wall, Side & Kriss Cross 3 x (7 x 100m)	Wall, Side & Kriss Cross 300, 200+200	Wall, Side & Kriss Cross 8 x 150m	•	
Everyday Warm-up & dynamic	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	Wall, Side & Kriss Cross	
Everyday Warm-up & dynamic	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75%	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32"	Wall, Side & Kriss Cross 8 x 150m @ 85%	Wall, Side & Kriss Cross	
Everyday Warm-up & dynamic	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18"	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38"	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23"	Wall, Side & Kriss Cross	
Everyday Warm-up & dynamic	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19"	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38"	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26"	Wall, Side & Kriss Cross	
Everyday Warm-up & dynamic	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38"	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26"	Wall, Side & Kriss Cross	
Everyday Warm-up & dynamic stretching	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38"	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26"	Wall, Side & Kriss Cross	
Everyday Warm-up & dynamic stretching	Hurdle Mobility/ Wall, Side & Kriss Cross	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38"	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26"	Wall, Side & Kriss Cross	
Everyday Warm-up & dynamic stretching	Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38" Rest = 4', 1'	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3'	Wall, Side & Kriss Cross Acceleration A,B,C,D	
Everyday Warm-up & dynamic stretching	Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38" Rest = 4', 1' 4 x 50m Straight Leg	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3' 4 x 50m Straight Leg	Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg	
Everyday Warm-up & dynamic stretching	Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38" Rest = 4', 1' 4 x 50m Straight Leg	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3' 4 x 50m Straight Leg	Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg	
Everyday Warm-up & dynamic stretching	Hurdle Mobility/ Wall, Side & Kriss Cross Acceleration A,B,C,D	Wall, Side & Kriss Cross 3 x (7 x 100m) @ 75% B: 16"-18" G: 17"-19" Rest = walk back 50m 4' between sets 4 x 50m Straight Leg	Wall, Side & Kriss Cross 300, 200+200 B: 48", 32", 32" G: 56", 38", 38" Rest = 4', 1' 4 x 50m Straight Leg	Wall, Side & Kriss Cross 8 x 150m @ 85% B: 21"-23" G: 24"-26" Rest = 3' 4 x 50m Straight Leg	Wall, Side & Kriss Cross Acceleration A,B,C,D 4 x 50m Straight Leg	

Sprint & Hurdle Workout Schedule

2024 - Cedar		Sprint & nurale vvork				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb - 11	Feb - 12	Feb - 13	Feb - 14	Feb - 15	Feb - 16	Feb - 17
Week 7						
	Hurdle Mobility/					
<u>Everyday</u>	Wall, Side & Kriss Cross					
Warm-up &						
dynamic	Acceleration A,B,C,D	3 x (7 x 100m)	300, 200+200	8 x 150m	Acceleration A,B,C,D	
stretching		@ 75%	B: 48", 32", 32"	@ 85%		
		B: 16"-18"	G: 56", 38", 38"	B: 21"-23"		
		G: 17"-19"	Rest = 4', 1'	G: 24"-26"		
		Rest = walk back 50m		Rest = 3'		
		4' between sets				
Stretching						
routine						
	4 x 50m Straight Leg					
	Bounds	Bounds	Bounds	Bounds	Bounds	
	Weights @ 4:00pm	Ankle/Shin Mobility	Weights @ 3:00pm	Ankle/Shin Mobility	Weights @ 4:00pm	
Feb - 18	Feb - 19	Feb - 20	Feb - 21	Feb - 22	Feb - 23	Feb - 24
Week 8		*First Day of Practice*				
		Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	
<u>Everyday</u>		W-drill, Wickets	Wall, Side & Kriss Cross	Deceleration	W-drill	
Warm-up &	Presidents Day					
dynamic		3 x (7 x 100m)	400, 300, 2x(200+200)	Speed Drill A	10 x 200m	
stretching	No School	@ 75%	B: 1:01', 46"	Wickets	@ 80%	
		B: 16"-18"	31", 31"	Acceleration A, B, C	B: 29"- 32"	
		G: 17"-19"	G: 1:12', 54"	Bounding Drill	G: 33"- 36"	
		Rest = walk back 50m	36", 36"	Med Ball Drill	Rest = 2'	
		4' between sets	Rest = 4', 1'	Jump Rope		
Stretching				Hurdle Drill A,B		
routine				Planking Core		
		4 x 50m Straight Leg				
		Bounds	Bounds	Bounds	Bounds	
		Hurdle Drill A,B,C	Hurdle Drill A,B,C	Hurdle Drill A,B,C	Hurdle Drill A,B,C	
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	r Track & Field				Sprint & Hurdle Work	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb - 25	Feb - 26	Feb - 27	Feb - 28	Feb - 29	Mar - 01	Mar - 02
Week 9						
	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/		
<u>Everyday</u>	Wall, Agility Sq	W-drill, Wickets	Wall, Side & Kriss Cross	Deceleration	Cedar Mini Meet	
Warm-up &						
dynamic	4 x (7 x 100m)	Acceleration A,B,C	10 x 200m	Speed Drill A	3:30pm	
stretching	@ 80%	90m Ins/Outs (30/30/30)	@ 82%	Wickets		
	B: 15"-17"	Bounding Drill	B: 28"-31"	Flight Drill	(Varsity Try Outs)	
	G: 16"-18"	Med Ball Drill	G: 32"-35"	Med Ball Drill		
	Rest = walk back 50m	Jump Rope	Rest =2.5'	Jump Rope		
	4' between sets	Crawling Core	H: over two hurdles	Planking Core		
Stretching						
routine		4 x 50m Straight Leg				
		Bounds				
	4 x 50m Straight Leg		4 x 50m Straight Leg	4 x 50m Straight Leg		
	Bounds	Acceleration Drill D	Bounds	Bounds		
	Hurdle Drill A,B,C	Hurdle Drill A,B,C,E	Hurdle Drill A,B,C,E	Hurdle Drill A,B,C,E		
		Hurdle Workout A				
Mar - 03	Mar - 04	Mar - 05	Mar - 06	Mar - 07	Mar - 08	Mar - 09
Week 10		JV Track @ Hurricane				
	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/	Hurdle Mobility/		
<u>Everyday</u>	Wall, Agility Sq, Wickets	W-drill, Wickets	Wall, Side & Kriss Cross	Deceleration	Snow Cany	on .
Warm-up &					Invitation	al
dynamic	5 x (200m + 150m)	Acceleration A,B,C,D	500, 400, 300, 200+200	Speed Drill A		
stretching	@ 75%, 85%	Bounding Drill	B: 1:16', 1:01', 46"	Wickets		
	B: 29"-32", 20"-23"	Med Ball Drill	31", 31"	Acceleration A,B,C		
	G: 33"-36", 23"-26"	Jump Rope	G: 1:30', 1:12', 54"	Med Ball Drill		
	Rest = 1', 4'	Hurdle Drill A,B	36", 36"	Jump Rope		
	Planking Core	Crawling Core	Rest = 4', 1'	Crawling Core		
Stretching						
routine						
	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg		
	Bounds	Bounds	Bounds	Bounds		
	Hurdle Drill A,B,C,D,E	Hurdle Drill A,B,C	Hurdle Drill A,B,C,D	Hurdle Drill A,B,C		
	, , , , , , , , , , , , , , , , , , , ,		Hurdle Workout C	Hurdle Drill E		
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Sprint & Hurdle Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar - 10	Mar - 11	Mar - 12	Mar - 13	Mar - 14	Mar - 15	Mar - 16
Week 11			No School AM Practice	No School AM Practice	No School AM Practice	
<u>Everyday</u>		Canyon View Dual				
Warm-up &		2:00pm				
dynamic stretching			10 x 200m	Speed Drill A	500, 400, 300,	
Stretching		All sprinters will run	@ 82%	Wickets	(200+200)	
		a 100m & 400m	B: 28"- 31"	2x Acceleration Drill D	B: 1:16', 1:01', 46"	
			G: 32"- 36"	Med Ball Drill	31", 31"	
			Rest = 2'	Jump Rope	G: 1:30', 1:12', 54"	
Stretching	4 v F0m Straight Log		H: over two hurdles	Planking Core	36", 36" Rest = 4', 1'	
routine	4 x 50m Straight Leg Bounds				Rest = 4, 1	
1001110	Dounus		4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	
			Bounds	Bounds	Bounds	
			Boundo	Bourido	Boundo	
Mar - 17	Mar - 18	Mar - 19	Mar - 20	Mar - 21	Mar - 22	Mar - 23
Week 12						
Everyday					Pine View	
Warm-up &		Panther Relays			Invitation	al
dynamic stretching	4 x (200m + 150m)		500, 400, 300,	4 x 150 m Pick ups		1
Stretoring	@ 75%, 85%		(200+200)	Rest = walk back		
	B: 29"-32", 20"-23"		B: 1:16', 1:01', 46"	Focus on form, knees		
	G: 33"-36", 23"-26" Rest = 1', 4'		31", 31"	up and turn over		
	Crawling Core		G: 1:30', 1:12', 54" 36", 36"			
Stretching	Crawling Core		Rest = 4', 1'			
routine			1, 1			
	4 x 50m Straight Leg		4 x 50m Straight Leg	4 x 50m Straight Leg		
	Bounds		Bounds	Bounds		

Sprint & Hurdle Workout Schedule

					Saturday
Mar - 25	Mar - 26 JV Track @ Hurricane	Mar - 27	Mar - 28	Mar - 29	Mar - 30
4 x (200m + 150m) @ 80%, 85% B: 28"-31", 20"-23" G: 32"-35", 23"-26" Rest = 1', 4'	2 x (7 x 100m) @ 80% B: 15"-17" G: 16"-18" Rest = walk back 50m 4' between sets	10 x 200m @ 85% B: 27"- 30" G: 31"- 34" Rest = 3'	6 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over	500, 400, 300, (200+200) B: 1:13', 59", 44" 29", 29" G: 1:27', 1:09', 52" 35", 35"	
				Rest = 4', 1'	
4 x 50m Straight Leg Bounds	4 x 50m Straight Leg Bounds	4 x 50m Straight Leg Bounds	4 x 50m Straight Leg Bounds	4 x 50m Straight Leg Bounds	
Apr - 01	Apr - 02	Apr - 03	Apr - 04	Apr - 05	Apr - 06
10 x 200m @ 85% B: 27"- 30" G: 31"- 34" Rest = 3'	500, 400, 300, (200+200) B: 1:13', 59", 44" 29", 29" G: 1:27', 1:09', 52" 35", 35" Rest = 4', 1'	4 x (200m + 150m) @ 85%, 85% B: 27"-30", 20"-23" G: 31"-34", 23"-26" Rest = 1', 4'	4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over		
4 x 50m Straight Leg Bounds	4 x 50m Straight Leg Bounds	4 x 50m Straight Leg Bounds	4 x 50m Straight Leg Bounds		
	@ 80%, 85% B: 28"-31", 20"-23" G: 32"-35", 23"-26" Rest = 1', 4' 4 x 50m Straight Leg Bounds Apr - 01 10 x 200m @ 85% B: 27"- 30" G: 31"- 34" Rest = 3' 4 x 50m Straight Leg	Mar - 25 Mar - 26 JV Track @ Hurricane 4 x (200m + 150m) @ 80%, 85% B: 28"-31", 20"-23" G: 32"-35", 23"-26" Rest = 1', 4' Rest = walk back 50m 4' between sets 4 x 50m Straight Leg Bounds Apr - 01 Apr - 02 Apr - 01 Apr - 02 Apr - 02 10 x 200m @ 85% (200+200) B: 27"- 30" G: 31"- 34" Rest = 3' G: 1:27', 1:09', 52" 35", 35" Rest = 4', 1' 4 x 50m Straight Leg 4 x 50m Straight Leg Bounds	Mar - 25 Mar - 26 JV Track @ Hurricane Mar - 27 4 x (200m + 150m) 2 x (7 x 100m) 0 85% @ 80%, 85% @ 80% 0 85% B: 28"-31", 20"-23" B: 15"-17" G: 31"- 34" Rest = 1', 4' Rest = walk back 50m Rest = 3' 4 x 50m Straight Leg 4 x 50m Straight Leg 4 x 50m Straight Leg Bounds Apr - 02 Apr - 03 Apr - 01 Apr - 02 Apr - 03 Apr - 03 4 x (200m + 150m) @ 85% (200+200) @ 85%, 85% B: 27"-30" B: 1:13', 59", 44" B: 27"-30", 20"-23" G: 31"- 34" 29", 29" G: 31"-34", 23"-26" Rest = 3' G: 1:27', 1:09', 52" Rest = 1', 4' 4 x 50m Straight Leg 4 x 50m Straight Leg 4 x 50m Straight Leg	Mar - 25 Mar - 26 JV Track @ Hurricane Mar - 27 Mar - 28 4 x (200m + 150m) @ 80%, 85% B: 28"-31", 20"-23" Rest = 1', 4' 2 x (7 x 100m) @ 80% B: 15"-17" B: 15"-17" G: 32"-36" G: 16"-18" Rest = walk back 50m 4' between sets 10 x 200m B: 27"- 30" G: 31"-34" Rest = walk back 50m 4' between sets 6 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg Bounds Apr - 01 Apr - 02 Apr - 03 Apr - 04 Apr - 01 Apr - 02 Apr - 03 Apr - 04 Apr - 03 Apr - 04 Apr - 04 Apr - 01 Apr - 02 Apr - 03 Apr - 04 Apr - 03 Apr - 04 Apr - 04 Apr - 03 Apr - 04 Apr - 04 Apr - 04 Apr - 04 Apr - 04	Mar - 25 Mar - 26 JV Track @ Hurricane Mar - 27 Mar - 28 Mar - 29 4 x (200m + 150m) @ 80%, 85% B: 28"-31", 20"-23" G: 32"-35", 23"-26" Rest = 1', 4' 2 x (7 x 100m) @ 80% B: 15"-17" G: 16"-18" Rest = walk back 50m A' between sets 10 x 200m @ 85 31"-34" Rest = 3' 6 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 500, 400, 300, (200+200) B: 1:13', 59", 44" 29", 29" Rest = 4', 1' 2 x (7 x 100m) @ 85 4 20", 29" B: 21"-30" 4 x 50m Straight Leg Bounds 4 x 50m Pick ups G: 1:27', 1:09', 52" 35", 35" Rest = 4', 1' 4 x 50m Straight Leg Bounds 4 x 50m Pick ups Rest = 4', 1' 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 8 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 8 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 8 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 150 m Pick ups Rest = walk back Focus on form, knees up and turn over 4 x 50m Straight Leg 4 x 50

Sprint & Hurdle Workout Schedule

Apr - 07 Apr - 08 Apr - 09 Apr - 10 Apr - 11 Apr - 12 Apr - 12 JV Track @ Crimson Everyday Company of the compa	
Everyday Warm-up & dynamic stretching 4 x 300m @ 85% @ 80% @ 85% @ 80% @ 85% @ 80% Rest = walk back B: 15"-17"	aturday
Everyday Warm-up & dynamic stretching 4 x 300m 3 x (7 x 100m) 10 x 200m 3 x (7 x 100m) 4 x 150 m Pick ups 85% @ 85% @ 80% @ 80% Rest = walk back B: 42"- 45" B: 15"-17" B: 27"- 30" B: 15"-17" Focus on form, knees up and turn over G: 49"- 52" Rest = walk back 50m Rest = walk back 50m 4' between sets 4' between sets Stretching routine 4 x 50m Straight Leg	- 13
Warm-up & dynamic stretching 4 x 300m	
Warm-up & dynamic stretching 4 x 300m	
dynamic stretching 4 x 300m	Crimson
stretching @ 85% @ 80% @ 85% @ 80% Rest = walk back B: 42"- 45" B: 15"-17" B: 27"- 30" B: 15"-17" Focus on form, knees up and turn over G: 49"- 52" G: 16"-18" Rest = walk back 50m 4' between sets Rest = walk back 50m 4' between sets Stretching routine 4 x 50m Straight Leg	vitational
B: 42"- 45" G: 49"- 52" Rest = 5' Stretching routine 4 x 50m Straight Leg 4 x 50m Straight Leg B: 27"- 30" B: 27"- 30" B: 27"- 30" G: 31"- 34" Rest = 3'	
G: 49"- 52" Rest = 5' Stretching routine 4 x 50m Straight Leg G: 16"-18" G: 31"- 34" Rest = walk back 50m 4' between sets G: 31"- 34" Rest = 3' Rest = walk back 50m 4' between sets 4 x 50m Straight Leg	
Rest = 5' Rest = walk back 50m 4' between sets Stretching routine 4 x 50m Straight Leg 5 Rest = walk back 50m 4' between sets 4 x 50m Straight Leg 4 x 50m Straight Leg 4 x 50m Straight Leg	
Stretching routine 4' between sets 4' between sets 4' between sets 4' between sets 4 x 50m Straight Leg	
Stretching routine 4 x 50m Straight Leg	
routine 4 x 50m Straight Leg	
4 x 50m Straight Leg	
Bounds Bounds Bounds Bounds Bounds	
Apr - 14	- 20
Week 16 JV Track @ SUU	
<u>Everyday</u> SUU	
Warm-up & Invitational	
dynamic 8 x 200m 4 x 60m ins/outs 4 x 300m 4 x 150 m Pick ups	
stretching @ 90% 20/20/20 @ 85% Rest = walk back	
B: 25"- 28" 2 x 90m ins/outs B: 42"- 45" Focus on form, knees	
G: 29"- 31" 30/30/30 G: 49"- 52" up and turn over	
Rest = 3.5' Rest = 5'	
Stretching	
routine	
4 x 50m Straight Leg	
Bounds Bounds Bounds Bounds	

Sprint & Hurdle Workout Schedule

	r Track & Field				Sprint & Hurdle Worl	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr - 21	Apr - 22	Apr - 23	Apr - 24	Apr - 25	Apr - 26	Apr - 27
Week 17		JV Track @ Dixie				
Evenudev					Divio	
Everyday Warm-up &					Dixie Invitation	al
dynamic	4 x (200m + 150m)	7 x 200m	4 x 300m	4 x 150 m Pick ups	ilivitation	aı
stretching	@ 85%, 90%	@ 90%	@ 85%	Rest = walk back		
	B: 27"-30", 19"-22"	B: 25"- 28"	B: 42"- 45"	Focus on form, knees		
	G: 31"-34", 22"-25"	G: 29"- 32"	G: 49"- 52"	up and turn over		
	Rest = 1', 4'	Rest = 3.5'	Rest = 5'			
Stretching						
routine						
	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg		
	Bounds	Bounds	Bounds	Bounds		
Apr - 28	Apr - 29	Apr - 30	May - 01	May - 02	May - 03	May - 04
Week 18		JV Track @ Desert Hills				
Everyday					BYU	
Warm-up &					Invitation	al
dynamic stretching	7 x 200m	4 x 60m ins/outs	4 x 300m	Travel Day		
ou otorning	@ 90%	20/20/20	@ 90%			
	B: 25"- 28" G: 29"- 32"	2 x 90m ins/outs 30/30/30	B: 40"- 44" G: 47"- 51"			
	Rest = 3.5'	30/30/30	Rest = 6'			
	11031 0.0					
Stretching						
routine						
	4 x 50m Straight Leg	4 x 50m Straight Leg	4 x 50m Straight Leg			
	Bounds	Bounds	Bounds			

Sprint & Hurdle Workout Schedule

	Sprint & Hurdie Workon					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May - 05	May - 06	May - 07	May - 08	May - 09	May - 10	May - 11
Week 19						
<u>Everyday</u>			_	nampionships		
Warm-up &			Pine V	iew HS		
dynamic	5 x 200m	3 x 150 m Pick ups				
stretching	@ 95%	Rest = walk back				
	B: 24"- 27"	Focus on form, knees				
	G: 28"- 31"	up and turn over				
	Rest = 4'					
Stretching						
routine						
	4 x 50m Straight Leg	4 x 50m Straight Leg				
	Bounds	Bounds				
May - 12	May - 13	May - 14	May - 15	May - 16	May - 17	May - 18
Week 20						
Everyday					4A State Champi	onships
Warm-up &					BYU	
dynamic	Athelets Choice	Athelets Choice	Athelets Choice	Travel Day		
stretching						
Stretching						
routine						