

## WORKOUT SCHEDULE 2017 - SHORT SPRINTERS/JUMPERS

### Phase 2: Week 5 - Week 8 - TRAIN THROUGH THE MEETS

Monday April 1st	Tuesday April 2nd	Wednesday April 3rd	Thursday April 4th	Friday April 5th	
<p><b><u>Dan Lennon (Outdoor)</u></b></p> <p>Time-TBD</p> <p>Load Bus- TBD</p> <p>JV</p> <p>6x60 (Bound to Sprint)</p> <p>Pre-Meet Prep</p>	<p><b><u>Harrisburgh Invitational</u></b></p> <p>3:45pm</p> <p>Load Bus- 2:40pm</p>	<p style="text-align: center;"><b>Weights- A Upper</b></p> <p>4x3 DB RFE Cycle Jumps</p> <p>3x4 Back Squat @ 80%+</p> <p>3x Pull-ups</p> <p>3x SL Curls</p> <p>3x ALT DB Bench Press</p>	<p style="text-align: center;"><b>JV Metro @ Brandon</b></p> <p>4:00pm</p> <p>Load Bus-2:45pm</p> <p style="text-align: center;"><b>Weights- A Upper</b></p> <p>4x2 Clean @ 75%</p> <p>3x4 Bench @ 80%</p> <p>3x Hip Thrust</p> <p>3x TRX Row</p> <p>3x Goblet RFE</p>	<p style="text-align: center;"><u>Absolute Speed</u></p> <p style="text-align: center;"><b>BV Invite (Saturday)</b></p> <p>10:00am</p> <p>Load Bus-8:30am</p>	<p><b>Performance Testing</b></p>
Monday April 8th	Tuesday April 9th	Wednesday April 10th	Thursday April 11th	Friday April 12th	
<p style="text-align: center;"><u>Speed (Max Speed)</u></p> <p>Sprint Drills-A</p> <p>Flying 10s x 3 @</p> <p>Hurdle Flex</p> <p>120m</p> <p style="text-align: center;"><b>Weights- B Upper</b></p> <p>4x3 DB Push Press</p> <p>3x4 TB Deadlift @80%</p> <p>3x Chest Support Row</p> <p>3x Hamstring Bridge</p> <p>3x Farmer Carries</p>	<p style="text-align: center;"><u>Lactate (Intensive Tempo)</u></p> <p>Sprint Drills-B</p> <p>4-6 180s @90%</p> <p>4min rest btw reps</p> <p>Hurdle Flex</p> <p style="text-align: center;"><b>Weights- B Lower</b></p> <p>4x3 DB Push Press</p> <p>3x4 TB Deadlift @80%</p> <p>3x Chest Supported Ro</p> <p>3x Hamstring Bridge</p> <p>3x Farmer Carries</p>	<p style="text-align: center;"><u>X Factor</u></p> <p>Sprint Drills-C</p> <p style="text-align: center;"><b>Weights- A Upper</b></p> <p>4x2 Clean @ 77.5%+</p> <p>3x4 Bench @ 82.5%+</p> <p>3x Hip Thrust</p> <p>3x TRX Row</p> <p>3x Goblet RFE</p>	<p style="text-align: center;"><u>Speed (Acceleration)</u></p> <p>Sprint Drills-A</p> <p>30 after 1 x 3 @</p> <p>Hurdle Flex</p> <p>Plyos-</p> <p>Abs-</p>	<p style="text-align: center;"><u>Pre-Meet Prep</u></p> <p>Sprint Drills- B</p> <p>4X60s</p> <p>JV- 150x x4</p> <p style="text-align: center;"><b>Corn Palace Relays (Saturday)</b></p> <p>9:00am</p> <p>Load Bus-7:00am</p> <p style="text-align: center;"><b>Upper- A Lower</b></p> <p>4x3 DB RFE Cycle Jumps</p> <p>3x4 Back Squat @ 82.5%</p> <p>3x Pull-ups</p>	<p><b>Performance Testing</b></p> <p>Flying 10s</p> <p>30 after 1</p>
Monday April 15th	Tuesday April 16th	Wednesday April 17th	Thursday April 18th	Friday April 19th	
<p style="text-align: center;"><u>Speed (Acceleration)</u></p> <p>Sprint Drills-A</p> <p>S/F/S 40/60/80 x 3</p> <p>3 min rest</p> <p>Hurdle Flex</p> <p>Pre-Meet Prep</p> <p>540m</p> <p style="text-align: center;"><b>Weights- B Upper</b></p> <p>4x2 Clean Pulls @ 77.5%</p> <p>3x4 OH Press @ 82.5%</p> <p>3x SL RDL</p> <p>3x Push up +</p> <p>3x Glute Band Series</p>	<p style="text-align: center;"><u>Brookings Quad</u></p> <p>3:30pm</p> <p>Load Bus-1:25pm</p> <p>Varsity? Lactate</p> <p>Sprint Drills-B</p> <p>6-8 150s @90%</p> <p>4 min rest btw reps</p> <p>900m</p>	<p style="text-align: center;"><u>Speed (Max Speed)</u></p> <p>Sprint Drills-C</p> <p>Bound to Sprint 6x60s</p> <p>JV- 80s x 6</p> <p style="text-align: center;"><b>Weights- B Lower</b></p> <p>4x3 DB Push Press</p> <p>3x4 TB Deadlift @82.5%</p> <p>3x Chest Supported Ro</p> <p>3x Hamstring Bridge</p> <p>3x Farmer Carries</p>	<p style="text-align: center;"><u>Eagle Relays</u></p> <p>12:00pm</p> <p>Load Bus-9:30pm</p>	<p style="text-align: center;"><b>Track Holiday</b></p> <p style="text-align: center;"><b>No Practice</b></p>	<p><b>Performance Testing</b></p>
Monday April 22nd	Tuesday April 23rd	Wednesday April 24th	Thursday April 25th	Friday April 26th	
<p style="text-align: center;"><u>Speed (Maximum)</u></p> <p>Sprint Drills-A</p> <p>Flying 30s x 3 @</p> <p>Hurdle Flex</p> <p>Abs</p> <p>180m</p> <p style="text-align: center;"><b>Weights- A Upper</b></p> <p>4x2 Clean @ 80%+</p> <p>3x4 Bench @ 85%+</p> <p>3x Hip Thrust</p> <p>3x TRX Row</p> <p>3x Goblet RFE</p>	<p style="text-align: center;"><u>Lactate (Special Endurance)</u></p> <p>Sprint Drills-B</p> <p>23 Second Drill x 2</p> <p>Hurdle Flex</p> <p style="text-align: center;"><b>Weights-A Lower</b></p> <p>4x3 DB RFE Cycle Jumps</p> <p>3x4 Back Squat @ 85%</p> <p>3x Pull-ups</p> <p>3x SL Curls</p> <p>3x ALT DB Bench Press</p> <p>380m</p>	<p style="text-align: center;"><u>X-Factor</u></p> <p>Sprint Drills-C</p> <p style="text-align: center;"><b>Weights- B Upper</b></p> <p>4x2 Clean Pulls @ 80%</p> <p>3x4 OH Press @ 85%+</p> <p>3x SL RDL</p> <p>3x Push up +</p> <p>3x Glute Band Series</p>	<p style="text-align: center;"><u>Pre-Meet Prep</u></p> <p>Speed Drills- A</p> <p>4x50 Bound to Striders</p> <p>OR 10 after 1 @ x 3</p> <p>JV- 8x80s</p> <p>100m</p>	<p style="text-align: center;"><b>METRO Conference Meet (HWF)</b></p> <p>2:30pm</p> <p>Load Bus- 1:45</p>	<p><b>Performance Testing</b></p> <p>Flying 30s</p> <p>23 second dril</p> <p>10 after 1</p>

# of Workouts per System	<b>Speed</b>	Acceleration	2
		Maximum	3
		Endurance	0
	<b>Lactate</b>	Special Endurance	1
		Intensive Tempo	2

<b>Alternative</b>	X Factor	2
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