

## WORKOUT SCHEDULE 2017 - SHORT SPRINTERS/JUMPERS

### Phase 3: Week 9 - Week 12 - TRAIN THROUGH THE MEETS & PREPARE FOR STATE MEET

Monday April 29th	Tuesday April 30th	Wednesday May 1st	Thursday May 2nd	Friday May 3rd
<u>Speed (Max Speed)</u> Speed Drills-A Flying 30s x 3 (R) Hurdle Flex Pre-Meet Prep	<u>Brookings Invitational</u> <b>3:30pm</b> <b>Load Bus-1:45pm</b>	<u>X-Factor</u> Speed Drills-C	<u>Speed</u> Sprint Drills-B 3X40s Hurdle Flex Pre-Meet Prep JV- 8x80s	<u>OG Qualifier- V/JV</u> <b>9am</b> <b>Howard Wood Relays- V</b> <b>3pm</b> <b>12:30pm Dismissal</b> Howard Wood Relays- Saturday
Monday May 6th	Tuesday May 7th	Wednesday May 8th	Thursday May 9th	Friday May 10th
Pre-Meet Prep / X Factor (V) <b>Weights- A Upper</b> 4x3 DB RFE Cycle Jumps 3x4 Back Squat @ 80%+ 3x Pull-ups 3x SL Curls 3x ALT DB Bench Press	<u>Final JV Metro Meet (RHS)</u> <b>3:30pm</b> <b>Load Bus-2:40pm</b> V- Lactate 4x4 Predictor	<u>Overspeed</u> Sprint Drills (B) 4xbound to sprint 60m 6x60s Downhill Hurdle Flex Relay Drills (4x100)	<b>Weights- B Lower</b> 4x3 DB Push Press 3x3 TB Deadlift @85% 3x Chest Supported Row 3x Hamstring Bridge 3x Farmer Carries	<u>Greeno City Meet- V @ OG</u> <b>3:00pm</b> <b>Load Bus- 1:45pm</b>
Monday May 13th	Tuesday May 14th	Wednesday May 15th	Thursday May 16th	Friday May 17th
	<u>Last Chance Meet @ OG</u> <b>4:00pm</b> <b>Load Bus- 2:40</b>	<u>Overspeed</u> Sprint Drills (A) 4xbound to sprint 60m 6x60s Downhill Hurdle Flex Relay Drills (4x100)	<u>Lactate (Special Endurance)</u> Speed Drills- B 23 sec. Drill x 2 @ Hurdle Flex	<b>Track Holiday</b> No Practice
		<b>Weights- A Lower</b> 4x3 DB RFE Cycle Jump 3x3 Back Squat @ 87.5% 3x Pull-ups 3x SL Curls 3x ALT DB Bench Press	<b>Weights- A Upper</b> 5x1 Clean @ 82.5%+ 3x4 Bench @ 87.5%+ 3x Hip Thrust 3x TRX Row 3x Goblet RFE	
Monday May 20th	Tuesday May 21st	Wednesday May 22nd	Thursday May 23rd	Friday May 24th
				<u>STATE MEET @ Brandon</u> <b>10:00am</b> <b>Load Bus-8am</b> STATE MEET @ HWF (Final Day) <b>9:00am</b>

# of Workouts per System	<b>Speed</b>	Absolute	6
		Endurance	1
	<b>Lactate</b>	Special Endurance	5
		Intensive Tempo	0

<b>Alternative</b>	X Factor	2
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\*Does not include State Week\*

**Performance**  
**Testing**  
Flying 30s

**Performance**  
**Testing**

**Performance**  
**Testing**  
23 sec. drill

**Performance**  
**Testing**  
30 m start