

WEEK 4 (April 6th-April 10th) LHS PATRIOT SPRINT WORKOUTS

Below is your suggested/optional workout plan. We only plan on doing 4 workouts which should give you time for optimal rest/recovery. Email Coach Jaws or Coach Doyle if you have questions

Monday April 6th

Speed (Acceleration)

Sprint Drills- A See Cycle A
 Flying 30s after 1 meter
 Step out 30 meters and place a marker down
 Start from a 3 point stance and run sprint 30m
 This should be done at top speed with full recovery
 Do a max of 6 sprints at full recc
 Core- A - See Cycle A

Tuesday April 7th

Lactate (Hills)

Sprint Drills- B - See Cycle B
 Hill Work- School Hill (or similar incline)
 Find a hill similar to the hill by the tennis courts at the school
 Step off 100 of your steps and place a marker down
 Do 3 sets of 2 at full speed with a 5 min recovery between sets
 Total you will do 6 sprints up the hill.
 Recovery between reps is a walk down the hill
 Recovery between sets is 5 minutes

Wednesday April 8th

Rest Day

Thursday April 9th

Speed (Max Speed)

Sprint Drills- A - See attached
Flying 20s - Find a flat surface to sprint on.
 Place a starting mark down then step out 30 steps and place a marker down. Step out 22 additional steps and place another marker down. This should provide the correct distance
 Start at first marker and full speed sprint through last marker
 Do 5-6 reps with full recovery if possible time your flying 20
 Compete with yourself to run each set faster
 Core - Cycle A - See Attached

Friday April 10th

Lactate

Sprint Drills- B - See Cycle B attached
Fly 500 - Find a flat surface to sprint on. Mark out 100 meters
 Sprint the 100 meters at full speed (start in a 3 or 4 point start stance)
 Take a 3 minute break. Then sprint the 100 meters again.
 Complete 5 x 100 meter sprints. You will Sprint a total of 500 meters
 Core Cycle B - See attached

Cycle A

(Absolute Speed)

- 1 High Knees
- 2 Crack the Egg
- 3 Quick Skips
- 4 A Walk
- 5 A Skip
- 6 B Walk
- 7 B Skip
- 8 Straight Leg Pull
- 9 Toe Pops for Height
- 10 Toe Pops for Distance

Cycle A - Core

- 1 25 crunches
- 2 Toe Touches
- 3 Plank (elbows)
- 4 Bicycles
- 5 Plank (side plank)
- 6 Plank (side plank)
- 7 Russian Twist
- 8 Plank (jacks)

Cycle B

(Speed or Special Endurance / Tempo)

- 1 High Knees
- 2 Crack the Egg
- 3 Quick Skips
- 4 A Walk
- 5 A Skip
- 6 B Walk
- 7 C Skip
- 8 Single Fast Leg Right
- 9 Single Fast Leg Left
- 10 Assisted Plyo
- 11 Assisted Plyo Lateral

Cycle B Core

- 1 V-Up
- 2 Gut Buster
- 3 Plank (straight arm)
- 4 Wipes
- 5 Pulse Up
- 6 Fludder Kicks
- 7 Plank (straight arm, mountain climb)
- 8 Wide Leg Sit-Up