

Sprinters 100m-400m						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 8th	5x200 @ 75% 5x100 @ 75% 5' recovery	4x200 @ 80% 4x150 @80% 4x100 @ 80% 4' recovery Yoga	Taco Bell Hill ladder seconds exercises	Time 5-10 core Tempo 5x150, (teach falling start) 75-80% work arms out, tall at hips through the finish core exercises	Intro to 4x400 relay handoffs continuous relays 2 full laps (8x100) Yoga	20-30min jog and stretches
FEB 15th	3x300 @75% 3x150 @ 75% w/5'	Taco Bell Hill Top of hill sprints 10- 2' recovery Block starts core exercises	Ladders 400,350,300,250, 200,250,300, w/8' Yoga	4x100 Relay Field Event 5x Flying 50's, core exercise	400 T.T w/10', followed by tempo: 300, 300, 200- 300,300,300 all at 65%-70% Yoga	easy jog 20-30 min with stretches.
FEB 22nd	6x200 @ 85% w/6' 6x100 @ 70% w/4'	Taco Bell Hill Time ladder 3x 10-5 seconds Relay work or start mechanics with blocks	1x450 split. All out for 350 then wait one minute and finish through 450. 10' recovery. Then 350 split, all out 250, wait one minute and finish through the 350. rest 10' then 1x300 at 85% 1x200 @ 80%	Sprint workout- recovery workout 8x100 tempo, 4x400 relay handoffs, 8x80m in's and out's at 20m distance. 0-20m accelerate, 20-40m hold breath, 40-60m relax but maintain quick turn over, 60-80 hold breath	4x300m @ 80% w/ 8' 4x150m @ 80% w/5'	jog, swim, or bike 20-40min to recover

	200m and 400		
	Monday	Tuesday	Wednesday
Feb 29th	3x300 @ 90% w/8' 4x100 @ 90% walk back'	field events, block starts, 4x100 handoffs, tempo (1000-1400m)	4x400 handoffs, 1x300,250,200,150,2 50 with 7'
March 7th	Curve starts 8x20m w/4', 8x40 w/4',	handoffs, field events, blocks, tempo (1000-1400m)	1x300, 2x200, 3x100 with 7'
March 14th	5x100 out of blocks with commands, with 6' recovery, then 5x50 with 4'	PRE- meet	Practice meet at MHS
March 21st	Spring Break--- Taco Bell Hill	handoffs, field events, blocks, tempo (1000- 1400m)	2x400 w/8' 4x200 w/6'

Jm

Thursday	Friday	Saturday
field events, blocks, 4x100 handoffs, tempo (1000-1400m)	warm up, drills, 6x100 tempo, cool down and stretches	Big Cat
handoffs, field events, blocks, tempo (1000-1400m)	Pre meet	Windsor Relays
3 laps of continuous relays working on 4x400 handoffs, field event work or blocks	1x600 w/ 10' 1x400 w/ 8' 2x200 w/ 6' 2x100 w/4'	Dublin Distance & SR Throwers Jam
handoffs, field events, blocks, tempo (1000-1400m)	cross train	Recover

200m - 400m				
	Monday	Tuesday	Wednesday	Thursday
March 28th	1x525m w/12' 1x425m w/10' 2x300m w/8'	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	8x200 w/ 5' @85% goal- little drop off	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 4th	in's and outs- 4x80m w/5' 350m w/ 10' 3x200 w/3'	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	2x250 w/ 10' 2x200 w/ 8' 2x150 w/ 6' 2x100 w/4'	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 11th	1x300 w/ 10' 1x250w/ 10' 1x200	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	At Ukiah	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 18th	1x split 500m (run 400, wait 1' then finish the last 100) - all out 1x250w/ 10' and 1x200	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	At Montgomery	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 25th	6x150 w/ 7' at 90%	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	At Santa Rosa	hurdles, handoffs, field events, blocks, tempo (1000-1400m)

Friday	Saturday
Stanford or 6x150 with 7' or Pre Meet for Stanford Athletes	Stanford or recover
Pre-Meet	Twilight At the JC
3xflying 30's w/ 8' 4x150 w/ 7'	Recovery
Set UP Meet!!!!	VTC
1x600 1x400 1x300 w/ 10'	Rest!!!!

200m-400m			
	Monday	Tuesday	Wednesday
May 2nd	4x60 ins and out, 4x200 W/8'	field events, block starts, 4x100 handoffs, tempo (1000-1200m)	At Montgomery
May 9th	1x300 then block work	field events, block starts, 4x100 handoffs, tempo (1000-1400m)	NBL at Casa Grande
May 16th	5x60m W/ 8'	field events, block starts, 4x100 handoffs, tempo (800- 1000)	1x200, handoffs
May 23th	2 starts of your race 1 race model	field events, block starts, 4x100 handoffs, tempo (600- 800m)	6x100 tempo

Thursday	Friday	Saturday
field events, block starts, 4x100 handoffs, tempo (1000-1400m)	4x150 W/ 7'	20m recovery jog
field events, block starts, 4x100 handoffs, tempo (1000-1200m)	NBL at Casa Grande	REST
field events, block starts, 4x100 handoffs, tempo (800- 1000)	PRE-Meet	Redwood meet at SRHS
field events, block starts, 4x100 handoffs	MOC	MOC