

Friday, May 1

All Runners

- Warmup- Jog 400m or for 2-3 minutes
- Agilities
- [Form Mechanics](#)
- Hip Swings

Sprinters (100-200)

Objective: Max speed & acceleration focus. Low volume, long rest, all-out quality reps.

- Acceleration Series (on field)
 - 3x10m Falling Starts (80%)
 - 3x20m 3-point Starts (90%)
 - 3x30m standing starts (100%)
- Max Velocity – Fly Zone Sprints (on field or track):
 - 5x Flying 40s (10m buildup + 40m @100%)
 - Full rest (3:00–4:00) – walk back & shakeout
- Sprint-Float-Sprint (on track):
 - 2x150m (50 build, 50 float, 50 sprint)- Sprint = 100%
 - Focus on relaxation + power
 - 5:00 rest
- Stretch
- Abs

Sprinters (200-400)

Objective: Lactate Workout- Building top-speed endurance.

- 3x200m
 - Run these like the 1st 200m of the 4x4 at State. In other words: Fast.
 - 3-4 minute rest
 - Small groupings – Times WILL be recorded.
- Recovery (10-15 minutes)
 - Light stretching
 - Walk around track for a bit
- Fly-Float-Fly 150 (3)
 - 5 minute rest between each.
 - Focus on form and maintaining control during float and last fly.
- Stretch
- Abs