



CHRISTMAS BREAK TRAINING

SPINTERS/JUMPERS/HURDLERS

Dec 20 th – SATURDAY	20 Min Run
Dec 21 st – SUNDAY	OFF
Dec 22 nd – MONDAY	Long Warm Up 10X200M @ 200M Repeat Pace – 2 Min Walk in Between Cool Down 800M & Static Stretching
Dec 23 rd – TUESDAY	Short Warm Up 3X150M Buildups in 50M Increments First 50M ½ effort, Second 50M ¾ effort, Third 50M 90% effort ***Focus on Running Form, Technique, and Turnover*** Cool Down 800M & Static Stretching
Dec 24 th – WEDNESDAY	Long Warm Up 2X700M with 10 Min Rest – Hit 400M mark @ 75% effort of target 400M – Continue effort after 400M Cool Down 800M & Static Stretching
Dec 25 th – THURSDAY	Merry Christmas! – OFF
Dec 26 th – FRIDAY	Short Warm Up 2X2 Speed Makers – 3 Min Rest in between the two sets Cool Down 800M & Static Stretching
Dec 27 th – SATURDAY	20 Min Run

Dec 28 th – SUNDAY	OFF
Dec 29 th – MONDAY	<p>Voluntary Practice at LHS Track – 9AM</p> <p>Long Warm Up</p> <p>10X200M @ 200M Repeat Pace – 2 Min Walk in Between</p> <p>Cool Down 800M & Static Stretching</p>
Dec 30 th – TUESDAY	<p>Voluntary Practice at LHS Track – 9AM</p> <p>Short Warm Up</p> <p>3X 30 → 30 → 30 Sprint/Float/Sprint – Full Walking Recovery</p> <p>Use Falling Start of first 30M and Sprint Full 30M</p> <p>Float the second 30M – Stand Tall and Running slightly more relaxed</p> <p>Last 30M – generate turn over and sprint to the end</p> <p>Cool Down 800M & Static Stretching</p>
Dec 31 st – WEDNESDAY	<p>Voluntary Practice at LHS Track – 9 AM</p> <p>Long Warm Up</p> <p>2X700M with 10 Min Rest – Hit 400M mark @ 75% effort of target</p> <p>400M – Continue effort after 400M</p> <p>Cool Down 800M & Static Stretching</p>
Jan 1 st – THURSDAY	<p>Voluntary Practice at LHS Track – 9AM</p> <p>Short Warm Up</p> <p>2X2Speed Makers – 3 Min Rest in between the two sets</p> <p>Possible Block Starts for those at LHS Track</p> <p>Cool Down 800M & Static Stretching</p>
Jan 2 nd – FRIDAY	<p>Voluntary Practice at LHS Track – 9 AM</p> <p>Long Warm Up</p> <p>1X300M @ 90% of 400M Target Time</p> <p>Event Day – Focus on Form and Technique/Parts of the Race</p> <p>Cool Down 800M & Static Stretching</p>
Jan 3 rd – SATURDAY	20 Min Run
Jan 4 th – SUNDAY	OFF