

# **East Grand Rapids Track and Field Spring Break Workouts**

## **Spring Break Goals:**

1. To maintain the fitness that we have developed over the first 3 weeks.
2. Begin to develop more turn-over and speed.

**If you follow these workouts, you will accomplish these goals and set yourself up for a very successful season.**

## **Workouts:**

Every day, make sure that:

- You warm-up and stretch before your workout as well as we do in practice.
- You cool-down and stretch when you are done...as, if not more, important as stretching before.
- Do push-ups and the abdominal circuit / plank positions to help maintain your overall strength.

<b>Date</b>	<b>100/200/400m workouts</b>
Thursday 4/1	Easy run of 15-25 minutes
Friday 4/2	Off
Saturday 4/3	6-8x200m (or 35-40 sec) at 80-85% with 3 minutes rest in between
Sunday 4/4	Easy run of 15-25 minutes
Monday 4/5	1200m of "ins and outs" 3x250m (or 45 sec) at 75-80%
Tuesday 4/6	Off
Wednesday 4/7	4x300m (or 55-60 sec) at 80-85% with 5 minutes rest between
Thursday 4/8	Easy run of 15-25 minutes
Friday 4/9	1200m of "ins and outs" 3x200m (or 35-40 sec) at 85%
Saturday 4/10	Off
Sunday 4/11	Easy run of 15-25 minutes

*\*\*No track...no problem: 400m of "ins and outs" = 20s hard-30s easy-20s hard-30s easy*

- Do not waste all of the hard work that you have done during the first 3 weeks.
- *You will have a successful season* if you work hard over break.
- *You will reach your goals* if you work hard over break.
- *You will be happy in May* that you spent 45 minutes each day working out.
- *...if you don't, you will never know what you could have done.*

Have a great break...come back ready to run!

Remember from April 15<sup>th</sup> – April 29<sup>th</sup> – 6 MEETS! That's more than half your season in that 2 week time period

**Practice – MONDAY AFTER SCHOOL – BE PREPARED**