

Sprinters workout for Vacation

- Friday: Warm up jog
Stretch
3-400, 3-300, 3- 300
100 push-up/100 Sit-ups
- Saturday: Long easy run.
Run at least 2 miles.
Lung-walks
- Monday: Warm – up jog
Stretch
Form work
Hard 400 workout – 4 – 400 @ 75%
- Tuesday: Warm – up jog
Stretch
10 – 100 meters in 10 minutes
Push-ups/Sit-ups 100/100
- Wednesday: Warm – up jog
Stretch
Run a race of your choice at race pace and a mile
cool down.
- Thursday: Warm – up jog
Stretch
Easy 30 minute jog around town.
- Friday: Warm – up jog
Stretch
Run 4- 400 @ 80 %
800 cool down

Rest the next two days and get ready for Buhach on 4/11/12.
HAVE A GREAT VACATION !!!!!!!