

April

Middle School Track and Field: Sprinters/Short Distance Workout

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
*2 Miles (75%)	1 Mile (Pick-ups)	<i>Recovery Day</i>	Pyramids	<i>Recovery Day</i>	Shortsies	*2 Miles (75%)
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
<i>Recovery Day</i>	Shortsies	Pyramids	<i>Recovery Day</i>	1 Mile (Pick-ups)	*2 Miles (75%)	1 Mile (Pick-ups)

Saturday, April 6

If you would like to begin your running today, you can - run at least 20 minutes for your workout.

Warm-Ups

MAKE SURE you are warming up (stretches; quick jog; jumping jacks) before you complete your sprint workouts to reduce risk for injury.

Ice

If you are able to, you can ice your legs after these workouts - this helps for quicker muscle recovery, as the cold water allows your blood to refuel those areas faster. Make sure to ice NO LONGER than 10 minutes. Icing longer than advised can lead to detrimental consequences. You may also want to start with just cold water, and then progress to using ice.

*Miles

If you can't complete the miles required, at least make sure you're running for a continuous 20 minutes. Although this is a longer distance, it will help improve your long-term cardiovascular endurance. These longer distances at 75% effort will also give your legs a break from the shorter, intense workouts that you'll do throughout the week.

Pick-ups

Pick-ups are runs where you run for a specific amount of time, and then you pick-up your pace for a specific amount of time before you return to your regular pace. A sprinter's pick-up example: Sprint 100 yards, and then jog for 200 yards (about 50%) of actual race pace. Do this example for your pick-up workouts. Your total distance will equal 1 mile when you are finished (you'll repeat the 100 yd/200 yd sequence 6 times).

Pyramids

Pyramid Workouts consist of a series of different length sprints. If you can, map out a spot of at least two hundred yards that you'll be able to work with (in your yard; on a nearby sidewalk; on the side of the road (with parent's permission!)).

A sprinter's pyramid example:

- (1) Sprint 50 yards - rest for 1 minute
- (2) Sprint 100 yards - rest for 1 minute
- (3) Sprint 150 yards - rest for 2 minutes

(4) Sprint 200 yards - rest for 2 minutes (Then you repeat the process backward starting with #3 - 3, 2, 1) - finish your workout with a slight jog to cool down.

Shortsies

Shortsies are a series of really short sprints, followed by really longer periods of rest. For your workout, you'll be running 20-30 yard sprints, resting a minute or so between each sprint. Imagine that these sprints are the last stretches of your race and the audience is cheering you on! Here's an example workout:

(1) Begin workout with a slight jog (5 minutes)

(2) Sprint 20 yards - rest 1 minute between each sprint (repeat 4 times)

(3) Sprint 30 yards - rest 1 minute between each sprint (repeat 3 times)

(4) End workout with a slight jog (5 minutes)

Percentages

Give that percentage of effort during your entire run - we want to make sure you aren't exhausting yourselves when you are running the longer distances.

Contact the coaches with any questions or concerns!