ALTERNATE WORKOUT FOR SPRINTERS

By James Vicks

THIS IS AN ALTERNATE WORKOUT PROGRAM FOR SPRINTERS RUNNING 200 METERS AND 400 METERS. Times are gauged for 23 sec 200m and 50 sec 400m - adjust to your ability.

ALL WORKOUTS WILL START WITH A 800 METER JOG. WORKOUT AT LEAST THREE DAYS A WEEK. WARM UP BEFORE EACH WORKOUT

JANUARY -FEBRUARY

MON. 2 X 500 (400@65sec pace) REST = 15MIN; 3 X 200 (35-35-35) REST = 3 TO 5 MIN

TUE. 4 X 200 (30-30-35-35) REST = 3 TO 5 MIN; 6 X 150 (3/4 SPEED) JOG BACK

WED. 4 X 300 (45) REST = 10 MIN; 3 X 200 (35-35-35) REST = 3 TO 5 MIN

THU. 1 X 300 (FAST 35 TO 40) REST = 5 MIN; 4 X 200 (30-30-35-35) REST 10 TO 15 MIN

FRI. 3 X 200 (30-30-30-30 OR FASTER) REST =15 TO 20 MIN; 5 X 150 PICK UPS (START SHOW AND PICK UP SPEED THROUGH THE 150)

SLOW AND PICK UP SPEED THROUGH THE 150)

SAT. LIGHT CROSS COUNTRY RUN OR BIKE RIDE

SUN. RELAX AND REST

MARCH-APRIL

MON. 2 X 450 (400/55-60) REST = 15 TO 20 MIN; 3 X 200 (35-30-28) REST = 3 TO 5 MIN

TUE. 6 X 200 (35-35-35-35-35) REST 3 TO 5 MIN; 3 X 50 (FAST) WALK BACK

WED. 4 X 300 (50-50-50-50) REST = 3 TO 5 MIN; 3 X 150 (25-25-25)

THU. $3 \times 200 (28-28-30)$ REST $3 \times 300 \times$

3 X 150 BUILD UPS (SLOW-MED-FAST) REST = WALK BACK

FRI. 3 X 200 (28-30-35) REST = 3 TO 5 MIN; 3 X 50 (FAST) WALK BACK

SAT. LIGHT CROSS COUNTRY (20 MIN) OR DO SOME HILLS

SUN. RELAX AND REST

MAY-JUNE

MON. 2 X 500 (400/60-65) FINISH IN 70-75 REST 5 TO 15 MIN

3 X 200 (25-25-25) REST = WALK BACK OR 5 MIN

TUE. $4 \times 300 (42-42-45-45) REST = 5 \text{ TO } 10 \text{ MIN}$

4 X 200 (28-28-30-30) REST = 3 TO 5 MIN

WED. $1 \times 500 (400/58-60) \text{ REST} = 5 \text{ TO } 10 \text{ MIN}$

3 X 200 (30-30-28) WALK BACK

6 X 50 (FAST PACE) REST = WALK BACK

THU. 3 SET OF SPEED MAKERS:

100 METERS 3/4 ,WALK 100 METERS, 100 METERS 3/4 ,WALK 100 METERS 100 METERS 3/4 ,WALK 100 METERS, 100 METERS 3/4 ,WALK 100 METERS REST = WALK ONE LAP

FRI. 2 X 200 (RACE PACE) TOTAL RECOVERY WORK ON HAND OFF AT 1/2 TO 3/4 SPEED

SAT. CROSS COUNTRY RUN OR HILLS AT 3/4 SPEED

SUN. RELAX AND REST

Provided by: James Vicks