

SYC Track & Field Weekly Workout Plan – Sprints (7th – 8th grade)

	WARMUP	WORKOUT	SUPP. ACTIVITY	COOL DOWN
MONDAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY
TUESDAY	<ul style="list-style-type: none"> • General Team Warmups • Sprint Drills • 5 Minute Slow Jog 	<p>Endurance</p> <ul style="list-style-type: none"> • Run, bike, or swim for 30+ minutes 	<p>Pick Two:</p> <ul style="list-style-type: none"> • 30 jumping jacks • 20 squat jumps • 20 broad jumps 	<ul style="list-style-type: none"> • 5 Minute Slow Jog • Stretching Routine
WEDNESDAY	<ul style="list-style-type: none"> • General Team Warmups • Sprint Drills • 5 Minute Slow Jog 	<p>Speed (Pick One)</p> <ul style="list-style-type: none"> • On a Track: 100m/200m/400m at 80% effort with 6 minutes rest. • On a Field: Sprint Line Drills – 10yd, 20yd, 30yd, etc. until 100yd (See Definitions) 	<p>Pick Two:</p> <ul style="list-style-type: none"> • 30 pushups • 1-minute plank • 40 Flutter Kicks 	<ul style="list-style-type: none"> • 5 Minute Slow Jog • Stretching Routine
THURSDAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY
FRIDAY	<ul style="list-style-type: none"> • General Team Warmups • Sprint Drills • 5 Minute Slow Jog 	<p>Speed (Pick One)</p> <ul style="list-style-type: none"> • On a Track: 3 x 150m sprints at 85% effort with 5 minutes rest. • On a Field: 4 x 100yd sprints at 85% effort with 5 minutes rest. 	<p>Pick Two:</p> <ul style="list-style-type: none"> • 15 burpees • 20 box jumps • 3-minute wall sit 	<ul style="list-style-type: none"> • 5 Minute Slow Jog • Stretching Routine
SATURDAY	Enjoy the weekend!	Enjoy the weekend!	Enjoy the weekend!	Enjoy the weekend!
SUNDAY	PRACTICE	PRACTICE	PRACTICE	PRACTICE

Definitions:

- **Active Play:** Any active activity (longer than 30 minutes) that is not specifically running-related, and which is enjoyable for the athlete. Examples include tag, basketball, hide and seek, soccer (for fun, not practice), jump rope, etc.
- **Rest:** Athletes must have appropriate rest days to ensure adequate recovery. Rest days should not include any strenuous activities. Rest days may include easy activities such as yoga, stretching, walking, etc.
- **Line Drill:** Start at 0 yards. Sprint to 10 yards and walk back to 0. Next, sprint to 20 yards and walk back to zero. Repeat until 100 yards. Rest as needed.

Athletes should always be hydrated and well-rested before engaging in exercise.