

## **SPRING BREAK WORKOUTS-SPRINTERS- JUMPERS**

Saturday- "30 Blocks" Sprint 1 block, jog 1 block. Do enough to get 15 sprints, which should be at LEAST 100 meters.

Sunday-Rest

Monday-35 min. run, getting heartrate up to at least 140, prefer 160.

Tuesday-Sprint-Jog- Sprint 20 seconds jog 1 minute. Do this 15 times. Then sprint 10 seconds, jog 30 seconds, for 8 times.

Wednesday- same as Monday.

Thursday- Same as Saturday.

Friday-Run 10 min. in the sand. (watch for glass,etc.) In waist high water, do 20 high knees Fast as you can. Rest 30 seconds, repeat. Do this 10x. Then do 10 minutes in the sand again.

Saturday-Run for 5 min., then up tempo for 2 minutes. Do this 5 times for a total of 35 minutes.

-Always run with a partner.

-Running in the water is always a good alternative.

-Always do regular warm-ups and always cooldown after the workout.

-8 sets EVERYDAY

-30 walking lunges EVERYDAY

-Bring a jumprope, this is another good alternative.

Use these days as your guide.....whatever your travel day is, you can pick up on the day listed. Have Fun!

## **WATER WORKOUTS**

- Day 1**
- 10 minute swim warmup**
  - Leg swings, paw downs on side of pool**
  - Arm exercises in water (like we do at camp) with resistance**
  - 50 minute running action back and forth in deep end, imitating run, nonstop.**
  - 4 x 15 seconds fast**
  - 4 breathers**
  - 5 min. swim cooldown**
- Day 2**
- 10 minute swim warmup**
  - Leg swings, paw downs**
  - Arm exercises in water**
  - 4 x 2:30 sec. (800 pace) 90 sec. recovery**
  - 4 x 1:45 sec. (a bit faster pace) 75 sec. recovery**
  - 6 x 60 sec. 45 sec. recovery**
  - 6 x 30 sec. 30 sec. recovery**
  - 6 x 15 sec. (fullout) 15 sec. recovery**
  - 4 breathers**
  - 10 min. swim cooldown**
- Day 3**
- 10 minute warm up swim**
  - Leg swings and paw downs**
  - Arm exercises**
  - 40 minutes of 3's and 1's. (run 3 minutes, up tempo 1 minute) in pool**
  - Cross Country Ski 2 minutes**
  - 4 breathers**
  - 10 Minute Cooldown swim**

**REPEAT DAYS 1-3, then have a day of rest. So, workout 6 days, rest one.**

**DO 8 sets every day!!!! (or equivalent thereof)**