WEEK 3 WORKOUT

Monday:

1. Warm up: 1 mile (100M sprint; 100M walk) each lap faster; last lap 200M sprint
2. Drills: Do 2 from each column
3. Speed Ladder: 400-200-100-200-400 Rest; 4’ between
4. 4 X 200 meter 70% ; rest 5’
5. Exercises: 3 from each column

Tuesday:

1. Warm up: 800M (100M sprint; 100M walk) each lap faster; last lap 200M sprint
2. Technique: Do 3 from each column
3. 3 X 200 meter Speed: each rep is faster than previous by 1 -2 seconds; rest 3’
4. 400 meter to 800 meter relay handoffs.

Wednesday:

1. Warm up: 800M (100M sprint; 100M walk) each lap faster; last lap 200M sprint
2. Exercises: Do 2 from each column
3. 1 X 150 meter at Quick speed like it’s 200M race; rest 15’
4. Technique: Do 2 from each column
5. Mindset sprints (visualize, perform @ meter distance event)