

**Long sprinters:**  
200/400 runner  
100/110/300 hurdles

**Monday 4/4**

**Speed Warm-up on the infield**

FOCUS ON FORM IN WARM-UP

**3-4\* fly 30's timed**

walk round track to rest OR MINIMUM 8 minute rest

**BE TALL, AGGRESSIVE, HANDS relaxed and fast**

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**HURDLERS:**

**EVERY DAY HURDLE DRILLS**

Plus 5 sets Rhythm 1 step  
and Rhythm 3 step with foam HURDLES PLUS 2 REGULARS  
Work Trail Leg quickness

**Strength Sprinters:**

**3\*3 hex bar deadlifts increase weight with 5 box jumps in weight room**

**Cool Down Phase 2 Hard**