

Short Sprinter Workout
Short sprinters are 100/200 meter specialists

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 6-7 minute rest Minute Rest

TIMED, RANKED, AND PUBLISHED

BE TALL, AGGRESSIVE, HANDS relaxed and fast

Brand new this week.... Do 3-4 of these!!

Strength Sprinters:

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

Cool Down Phase 2 HARD in Weight Room