

Week 4 Workouts for Conditioning

Mid-Distance/Distance:

Warm-Up:

- 800m – 1600m Run (Start at 800m and Build up over time). Should be at good pace; Not a shuffle.
- Stretching and Drills

Run:

You need to run a minimum of 25 minutes but a max of 35 minutes.

*** Note: This will be your plan Monday – Friday this week.

*** Saturday: You will need to take your longest run of the week and add 10 minutes

All Sprinters/Jumpers:

Monday:

Warm-Up:

- 400 – 800m Run (Build up over time). Should be at good pace; Not a shuffle.
- Stretching and Drills

Workout: Short Speed Endurance:

- Between each rep, you get 30s recovery or walk back recovery.
- After each set, you get 5-minutes recovery
- Can be done out of 4 pt, 3pt, falling start or rolling start.
- 3 sets of 5 x 20m

Wednesday:

Warm-Up:

- 400 – 800m Run (Build up over time). Should be at good pace; Not a shuffle.
- Stretching and Drills

Workout Goal: Tempo:

- Sets of 100m efforts done at 75% effort.
- Between Rep you get 1-minute recovery
- Between sets you get 3-minutes recovery
- 2 sets of 4 x 100m

Friday:

Warm-Up:

- 400 – 800m Run (Build up over time). Should be at good pace; Not a shuffle.
- Stretching and Drills

Workout: Max Velocity:

- You will start each rep with a 10m fly zone followed by 20m max effort.
- 3 – 4 minutes recovery between reps
- 6 reps of 20m max effort with a 10m FLY ZONE