

100-200m Phase I Week 1

Day 1:

Warm-up Routine (Watch video)
4x 100m Build-ups with walk back recovery
3-5min Cool-down and Stretch
Strength Training

Day 2:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
Endurance Challenge 1: 2x 6x 100m @ 75% effort with jog-back recovery and 3min between sets
3-5min Cool-down and Stretch
8min Core

Day 3:

5-minute warm-up/Static Stretch
1400m Pedestal Circuit
Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
5x 20m accelerations with a walking start. 3 min rest
5x 20m accelerations with a rolling standing start. 3 min rest
3-5min Cool-down and Stretch
8min Core Strength

Day 5:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
2x10x 100m @ 70-77% (Boys= 14-20sec/Girls= 17-24sec) with 30sec rest and 3-4min between sets
3-5min Cool-down and Stretch
Strength Training

Day 6:

10-15 minutes of continuous running

Day 7:

Optional workout / Day off

100-200m Phase I Week 2

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
5x 20-30m accelerations with a walking start. 3 min rest
5x 20-30m accelerations with a rolling standing start. 3 min rest
3-5min Cool-down and Stretch
Strength Training

Day 2:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
2-3x10x 100m @70-77% (Boys= 14-20sec/Girls= 17-24sec) with 30sec rest and 3-4min between sets
3-5min Cool-down and Stretch
8min Core

Day 3:

5-minute warm-up/Static Stretch
Hurdle Mobility Extended
1400m Circuit of choice
Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
8-10x 7-second hill sprints or weighted sled pulls with 3 min rest
3-5min Cool-down and Stretch
8min Core Strength

Day 5:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
Endurance Challenge 2: 10-15x 100m @ 75% effort with jog-back recovery (continuous)
3-5min Cool-down and Stretch
Strength Training

Day 6:

Optional 1400m-1600m Circuit of choice / Day off

Day 7:

Optional workout / Day off

100-200m Phase I Week 3

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

Plyometric

2x 20m small ankle hops on left foot with right knee bent in front of body with 1 min rest

2x 20m small ankle hops on right foot with left knee bent in front of body with 1 min rest

Workout

4-5x 20-30m accelerations with a rolling standing start. 3 min rest

4-5x 20-30m accelerations with a falling start. 3 min rest

3-5min Cool-down and Stretch

Strength Training

Day 2:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

2x 4-5x 200m @70-77% (Boys= 30-40sec/Girls= 37-48sec) with 30sec rest and 3-5min between sets

3-5min Cool-down and Stretch

8min Core

Day 3:

5-minute warm-up/Static Stretch/Hurdle Mobility

Medicine Ball

3-4x Squat + 45 degree Chest Press with 20-60sec rest (watch video)

1400m Circuit of choice (on grass or turf)

Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

3x 30m accelerations with a falling start. 3 min rest

4x fly 30's with 3min (walking) recovery

3-5min Cool-down and Stretch

8min Core Strength

Day 5:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

200m Time Trial (TT) from standing start (This 200m TT will be needed for future workouts)

15min recovery

4-5x 200m @ 80% of your 200m TT with 3min rest

3-5min Cool-down and Stretch

Strength Training

Day 6:

Optional 1400m-1600m Circuit of choice / Day off

Day 7:

Optional workout / Day off

100-200m Phase I Week 4

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

Plyometric

2-3x 4x **standing** box jumps (1-3ft high box) with 1-2min rest between sets (**see video**)

Workout

2x 30m accelerations with a rolling standing start. 3 min rest

6-7x 30m accelerations with a falling start. 3 min rest

3-5min Cool-down and Stretch

Strength Training

Day 2:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

8x 200m @ 80% (of 200m TT) with 3min recovery

3-5min Cool-down and Stretch

8min Core

Day 3:

5-minute warm-up/Static Stretch/Hurdle Mobility

Medicine Ball

2x 4-5x Over Head Back (OHB) throws with 20-30sec rest between throws and 1-2 min between sets

Workout

1400m Circuit of choice (on grass or turf)

Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Build-ups (**No drills**)

2-3x 3x Fly 30's with 3min recovery between reps and 5min (walking) recovery between sets.

3-5min Cool-down and Stretch

8min Core Strength

Day 5:

800m Warm-up/Flex/Build-ups (**No hurdle mobility or drills**)

8-10x Long Hill Runs (80-100m) @ 80-85% effort with downhill walking recovery

Or

4-5x 30sec @ 80-85% effort (on grass) + 1min jog + 10sec sprint (track) with a recovery of 3-5min

3-5min Cool-down and Stretch

Strength Training

Day 6:

Optional 1400m-1600m Circuit of choice / Day off

Day 7:

Optional workout / Day off

100-200m Phase II Week 5

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

Block Intro (watch video)

Medicine Ball

3-4x Squat + 45 degree Chest Press with 20-60sec rest (watch video)

Workout

3x 15m block starts with 2min rest

6-8x 30m block starts with 3 min rest

3-5min Cool-down and Stretch

Strength Training

Day 2:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

8x 200m @ 80-83% with 3min recovery

3-5min Cool-down and Stretch

8min Core

Day 3:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

Plyometric

2-3x 4x Seated box jumps (1-3ft high box) with 1-2min rest between sets (see video)

Workout

8-10x 7-second hill sprints or weighted sled pulls with 3 min rest

3-5min Cool-down and Stretch

Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

2x 3x Ins and Outs (30-20-20) with 3min recovery between reps and 5min recovery between sets.

3-5min Cool-down and Stretch

8min Core Strength

Day 5:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

2x5x 200m @ 70-77% with 30sec rest between reps and 3-5min between sets

3-5min Cool-down and Stretch

Strength Training

Day 6:

Optional 1600m Circuit of choice / Day off

Day 7:

Optional workout / Day off

100-200m Phase II Week 6

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

Medicine Ball

2-3x 4x Squat + 45 degree Chest Press with 20-60sec rest between reps and 1-2min between sets

Workout

4-5x 30m block starts with 3 min rest (100m start line)

4-5x 40m block starts from the 200m start line (200m athletes) with 3 min rest

3-5min Cool-down and Stretch

Strength Training

Day 2:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

150-120-150-120-150m @ 90-95% with 5-8min recovery

3-5min Cool-down and Stretch

8min Core

Day 3:

5-minute warm-up/Static Stretch/Hurdle Mobility

Plyometric

2-3x 4x standing box jumps (1-3ft high box) with 1-2min rest between sets (see video)

Workout

1400m Pedestal Circuit (on grass or turf)

Stretch

Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

3x 3x Fly 30's with 3min recovery between reps and 5min (walking) recovery between sets.

3-5min Cool-down and Stretch

8min Core Strength

Day 5:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

6x 200m @ 85% with 2-3min recovery

3-5min Cool-down and Stretch

Strength Training

Day 6:

Optional 1600m Circuit of choice / Day off

Day 7:

Optional workout / Day off

100-200m Phase II Week 7

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

Medicine Ball

2x 4x Squat + 45 degree Chest Press with 20-60sec rest between reps and 1-2min between sets

Workout

4-5x 50m block starts with 3 min rest

4-5x 7-second hill sprints or sled pulls with 3 min rest

3-5min Cool-down and Stretch

Strength Training

Day 2:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

5-6x 150m sprint-cruise-sprint (50-50-50m) @ 90-95% with 8-10min recovery

3-5min Cool-down and Stretch

8min Core

Day 3:

5-minute warm-up/Static Stretch/Hurdle Mobility

Medicine Ball

2x 4x Over Head Back (OHB) throws with 20-30sec rest between throws and 1-2 min between sets

Workout

1400m Pedestal Circuit (on grass)

3-5min Cool-down and Stretch

Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

3-4x 30m block starts with 3 min rest

2-3x 40m block starts with 3 min rest

2-3x 50m block starts with 3-4 min rest

3-5min Cool-down and Stretch

8min Core Strength

Day 5:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

2x4x Hill Runs (80-100m) @80-85% with downhill jogging recovery (reps) and walking recovery (sets)

Or

4-5x 30sec @ 80-85% effort (on grass) + 1min jog + 10sec sprint (track) with a recovery of 3-5min

3-5min Cool-down and Stretch

Strength Training

Day 6:

Optional 1600m Circuit of choice / Day off

Day 7:

Optional workout / Day off

100-200m Phase II Week 8

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
4-5x 50m block starts with 3 min rest
4-5x 40m block starts with 3 min rest
3-5min Cool-down and Stretch
Strength Training

Day 2:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)
4-6x 150m sprint-cruise-sprint (50-30-70m) @ 90-95% with 10-15min recovery
3-5min Cool-down and Stretch
8min Core

Day 3:

5-minute warm-up/Static Stretch
Hurdle Mobility Extended
5 min jogging on grass
Stretch
Strength Training

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
8-10x 7-second hill sprints or weighted sled pulls with 3 min rest
3-5min Cool-down and Stretch
8min Core Strength

Day 5: Prep. For tomorrow's Time Trial

800m Warm-up/Flex/Hurdle Mobility/Limited Drills/Build-ups
4-5x 30-50m block starts with 3 min rest
3-5min Cool-down and Stretch
Strength Training

Day 6:

200m Time Trial (with or without starting blocks)

Day 7:

Optional workout / Day off

100-200m Phase III Week 9

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

Plyometric

2x 4x **standing** box jumps (1-3ft high box) with 1-2min rest between sets (see video)

Workout

3-4x 70m block starts (100m or 200m start line) with 3-5 min rest

3-4x 50m block starts with 3-5 min rest

3-5min Cool-down and Stretch

8min Core

Day 2:

800m Warm-up/Flex/Build-ups (**No hurdle mobility or drills**)

3-4x 120m+120m @ 90-95% with 30sec rest between the 120's and 10-15min recovery between sets

3-5min Cool-down and Stretch

Strength Training

Day 3:

5-minute warm-up/Static Stretch/Hurdle Mobility

1600m **Core-dio Circuit** on grass (this will replace the **8min Core** for the day)

3-5min Cool-down and Stretch

Day 4:

800m Warm-up/Flex/Build-ups (**No hurdle mobility or drills**)

2x 5x 200m @ 70-77% with 30sec rest and 3-5min between sets

3-5min Cool-down and Stretch

Strength Training

Day 5: Prep. For tomorrow's Time Trial

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups

4-5x 30-50m block starts with 3 min rest

3-5min Cool-down and Stretch

Day 6:

200m Time Trial with 10-15min recovery

2-3x 200m @ 83-85% (based on today's TT) with 2-3min recovery

Day 7:

Recover / Day off

100-200m Phase III Week 10

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Limited Drills/Build-ups

Plyometric

2x 4x Standing box jumps (1-3ft high box) with 1-2min rest between sets

Workout

3-4x 70m block starts (100m or 200m start line) with 3-5 min rest

3-4x 50m block starts with 3-5 min rest

3-5min Cool-down and Stretch

8min Core

Day 2:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

3x "300m Special" (50-100-150) @90-95% with 10-15min recovery

3-5min Cool-down and Stretch

Strength Training

Day 3:

5-minute warm-up/Static Stretch/Hurdle Mobility

Medicine Ball

2x 4x Over Head Back (OHB) throws with 20-30sec rest between throws and 1-2 min between sets

Workout

1600m Core-dio Circuit on grass (this will replace the 8min Core for the day)

3-5min Cool-down and Stretch

Day 4:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)

8-10x 200m @80-83% with 3min recovery

3-5min Cool-down and Stretch

Strength Training

Day 5: Prep. For tomorrow's Time Trial

800m Warm-up/Flex/Hurdle Mobility/Limited Drills/Build-ups

4-5x 30m block starts with 3 min rest

3-5min Cool-down and Stretch

Day 6:

100m Time Trial with 15min recovery

200m Time Trial with 15min recovery

100m Time Trial

Day 7:

Recover / Day off

100-200m Phase III Week 11

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
3x 80m block starts (100m or 200m start line) with 3-5 min rest
3x 50m block starts with 3-5 min rest
3-5min Cool-down and Stretch

8min Core

Day 2:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)
3-4x "300m Special" (50-100-150) @90-95% with 10-15min recovery
3-5min Cool-down and Stretch

Strength Training

Day 3:

5-minute warm-up/Static Stretch
Hurdle Mobility Extended
1600m Core-dio Circuit on grass (this will replace the 8min Core for the day)
Stretch

Day 4:

800m Warm-up/Flex/Build-ups (No hurdle mobility or drills)
2x10x 100m @ 70-77% with 20sec rest and 3-4min between sets
3-5min Cool-down and Stretch

Strength Training

Day 5: Prep. For tomorrow's Time Trial

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
3-4x 50m block starts with 3 min rest
3-5min Cool-down and Stretch

Day 6:

100m Time Trial with 15min recovery
200m Time Trial with 15min recovery
100m Time Trial

Day 7:

Recover / Day off

100-200m Phase III Week 12

Day 1:

800m Warm-up/Flex/Hurdle Mobility/Drills/Build-ups
2x 80m block starts (100m or 200m start line) with 3-5 min rest
3x 50m block starts with 3-5 min rest
3-5min Cool-down and Stretch

8min Core

Day 2:

800m Warm-up/Flex/Hurdle Mobility/Limited Drills/Build-ups
2x10x 100m @ 70-77% with 30sec rest and 3-4min between sets
3-5min Cool-down and Stretch

Strength Training

Day 3:

5-minute warm-up/Static Stretch
Hurdle Mobility Extended
Stretch

8min Core

Day 4:

800m Warm-up/Flex/Hurdle Mobility/Limited Drills/Build-ups
4-5x 100m build-ups with walk-back recovery
3-5min Cool-down and Stretch

Strength Training

Day 5: Prep. For tomorrow's Final Time Trial

800m Warm-up/Flex/Hurdle Mobility/Limited Drills/Build-ups
2-3x 50m block starts with 3 min rest
3-5min Cool-down and Stretch

Day 6:

100m Final Time Trial (15-20min recovery)
200m Final Time Trial

Day 7:

Rest