

Short distance (100/200)	Jumpers				
SPR 2020 workout					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-1m Warm up -Dynamics/stretch -3 X 60m fast -3 X 60m hills -Stretch	-1m Warm up -Dynamics/stretch -4 X 35 sec sprints -2 X 35 sec plyos (Frog hops/bounds for height/straight legs for power and speed) -Stretch	-1m Warm up -Dynamics/stretch -30 min run -Stretch	-1m Warm up -Dynamics/stretch -Sprint Ladder (6sec/11sec/17sec/ 28sec/17sec/11sec/ 6sec/60sec) -Stretch	-1m Warm up -Dynamics/stretch -2 split 4 sprint 28sec (1min rest) 28sec -Stretch	