"The athlete makes himself, the coach doesn't make the athlete."

**Sprinters**

**Early Season workout (Jan-Feb) next 2 weeks**

**Monday Warm-up 1mile ins and outs**

**Flexibility Stretch**

**2X450 Speed 75 400/rest 6 minute jog between sets**

**8X30 Speed fast/ rest 30 seconds or jog back rest**

**2X250 speed 36 seconds 30 seconds rest**

**Tuesday Warm-up 1mile ins and outs**

**Flexibility Stretch**

**5X250 Speed 36 rest 300 walk**

**6X30 Speed fast/ rest 30 seconds**

**Handoffs/ hurdles/vault**

**Wednesday Warm-up 1mile ins and outs**

**Flexibility Stretch**

**4X350 Speed 60 / 28 @200 200 walk rest 6 minute jog between sets**

**6X100 Speed 15 sec./ rest walk back**

**2X250 speed 32-36 seconds 30 seconds rest**

**hurdles/vault**

**Thursday Warm-up 1mile ins and outs**

**Flexibility Stretch**

**3X250 speed 35 seconds 60 seconds rest**

**6X150 (build-ups) Speed slow/medium/ fast/ rest walk back**

**Jumps/hurdles/vault/handoffs**

**Friday Warm-up 1mile ins and outs**

**Flexibility Stretch**

**3X250 speed 30-32 seconds/ rest walk 200**

**Jumps/hurdles/vault/handoffs**

**100 meter time trial 28th/29th after school**