Pleasant Valley Girls Track and Field 

Week 4 Training Plan (Spring Break)

**Monday – March 11, 2024 –**

**Sprinters (100/200/400), Jumpers (Intensive Tempo Day)**

Warm-up

Sprint Drills

Accelerations – 2 x 80%, 2 x 85% for 30 meters

6 x 30 second sprints @ 80% (approximately 150-175 meters) with 3-minute recovery after each rep.

60-second sprint @ 75%

Cooldown/Stretch

**Tuesday – March 12, 2024 –**

**Sprinters (100/200/400), Jumpers (Speed Day)**

Warm-up

Sprint Drills

3 x 3 x 40 meter sprints or approximately 6 to 7-second sprints @ 90-95% (3-minute recovery in between reps and 7-minute recovery in-between sets – Do an easy jog in-between sets to stay loose – Take the whole recovery, you want each one to be quality)

Cooldown/Stretch/Abs

**Wednesday – March 13, 2024 –**

**Sprinters (100/200/400), Jumpers (Recovery)**

20-minute run or bike or lap swim or walk

Cooldown/Stretch

Abs

**Thursday – March 14, 2024 –**

**Sprinters (100/200/400), Jumpers (Speed Endurance Day)**

Warm-up

100/200/400 Jumpers -

 4 x 40m Accelerations

 8 x 15 second sprints (approximately 80-100 meters @90-95%) with 5 minute recovery after each rep Cooldown/Stretch/Day 2 Lifts/Abs

**Friday – March 15, 2024 –**

**Sprinters (100/200/400), Jumpers (Recovery)**

Warm-up routine

10-12 x 15-18 second runs @ 75% w/ 1 minute rest between each

Stadium stairs or short hills (If you can find some) – 6 x 10-15 seconds

Stretch

**Saturday – March 16, 2024 – No Practice**

**Sprinters (100/200/400), Jumpers**

**No practice**

**Strength Training** –

Do the following set 3 times with 2 minutes in-between each set:

* Chair Dips x 10
* Speed Squats x 6
* Push-ups x 10-15
* Calf Raises x 12
* Tuck Jumps x 5
* Abs x 30
* Lunges x 8-10
* Burpees x 30 seconds

Do Abs or some type of core exercises 3 days this week.

Core routine:

* Glute bridge w/marching – 10 reps each leg
* V-ups x 20
* Plank lift x 8 each leg
* Donkey kicks x 10 each leg
* Fire hydrant x 10 each leg
* Leg Raises x 15
* Side plank x 20 seconds each side
* Superman x 15
* Bicycle Abs x 20 cycles

If you want a good challenging routine that you can modify based on time/reps. All of this is one workout:

2:00 minute plank

1:00 minute side plank (1:00 minute for each side)

50 x flutter kicks (one kick with each leg = 1 rep)

Bicycle Abs with holds (so you cycle your leg, then hold for 2 seconds, then cycle to other leg, then hold for 2 seconds). Do this for 1:00 minute

Or: 2 sets of 3 and a half minute abs:

* 30 seconds of crunches, 30 seconds plank (right side), 30 seconds of crunches, 30 seconds plank (left side), 30 seconds of crunches, then 60-second plan. For the second set, do flutter kicks or exercise of your choice in place of crunches.

**In the event of an emergency:**

Some of you will be in locations where it will be difficult to go out and run. If this is the case, anything you can do will be more beneficial than doing nothing. You could do plyometrics in the hotel room, run up and down the hotel stairs, swim, run on the beach, do some speed walking, jump rope, do mini-bands, step-ups or anything to get your pulse rate up for an extended period of time. You may need to be creative to get the work done to come back from break refreshed AND fit.

|  |
| --- |
| This is a critical training period for us. You have worked **VERY** hard over the last 3 weeks to get where you are. **DON'T** let it all slip away in a matter of 9 days. We have yet to get to the meets as they prepare us for championship season, and are not at all to the point where we can "coast" in the rest of the season. Keep the focus on your goals and prepare for an awesome outdoor season of PVGTF track & field. |