

RPTC Wednesday (6/9) to Monday (6/14) Workouts for Sprints/Hurdles

Here are some suggested workouts for various events to do during open practice sessions w/ Coach Nolan

Sprints:

Intensive Tempo Workout:

Team Warm Up – 3 x 50m buildups

3x(120m @ 85% w/ 40m sprint back, 100m @ 85% w/ 40m sprint back, 80m @ 85% w/ 40m sprint back)

3-minute rest between reps, 8-minute rest between sets

5-minute barefoot walk in grass

Short Speed Endurance Workout:

Team Warm Up – 3 x 50m buildups

3x(8x60m) – 90% effort level – 20 second rest between reps, 6-minute rest between

Hurdle Mobility Cooldown

Work Capacity/Lactic Workout:

Team Warm Up

10-minute 50/10 Dynamic Run

Run steady for 50 seconds, sprint hard for 10 seconds – non-stop for 10 minutes

Active Recovery – 5-minute barefoot walk in grass, Hurdle Mobility, stretch for 10 minutes, foam roll for 5 min

Hurdles:

300m Hurdles Workout:

Team Warm Up - Hurdle Mobility – 3 x 50m buildups

2x(2-4-6)

6 x Musical Hurdles (walk away from a hurdle, turn at random time, run and hurdle)

4x100m w/ three hurdles set at 300m hurdle height on the little white hash marks

90% effort level – 7-minutes between runs

Hurdle Mobility Cooldown

100/110m Hurdles Workout:

Team Warm Up – Hurdle Mobility – 3 x 50m buildups

4x(2-4-6)

3 x 1 Hurdle @ 3 inches lower than race height

3 x 2 Hurdles @ 3 inches low and 3 steps toe-to-heel closer than race distance

3 x 3 Hurdles @ 3 inches low and 3 steps toe-to-heel closer than race distance

Hurdles on little blue hash marks for 110 hurdles and little yellow hash marks for 100 hurdles, sprint 10-15 meters off last hurdle

100% effort and full recoveries between each run.