

Track Workout for Spring Break

Monday

- Warm-up with light jogging
- Stretch the major muscle groups
- Do 8 Accelerations.
(Alternate between your top speed and 75% speed over a period of 2 minutes).
- 20 sit-ups – 20 push-ups – 20 jumping jacks
- Stretch

Tuesday

- Warm-up with light Jogging
- Stretch the major muscle groups
- Go on a continuous run for 20 minutes @ a steady pace
- Cool down with a 5 minute walk
- 20 sit-ups – 20 push-ups – 20 jumping jacks
- Stretch

Wednesday

- Warm-up with light jogging
- stretch the major muscle groups
- 4—100 meter sprints
- 2—200 meter sprints
- 1—400 meter sprint
- Cool down with a 5 minute walk
- 20 sit-ups – 20 push-ups – 20 jumping jacks
- Stretch

Thursday

- Warm-up with light jogging
- Stretch the major muscle groups
- Go on a continuous run for 30 minutes @ a steady pace
- Cool down with a 5 minute walk
- 20 sit-ups – 20 push-ups – 20 jumping jacks
- Stretch

Friday

- Warm-up with light Jogging
- Stretch the major muscle groups
- Interval Run – jog 2 minutes – sprint 45 seconds (repeat 7 times)
- Cool down with a 5 minute walk
- 20 sit-ups – 20 push-ups – 20 jumping jacks
- Stretch

Saturday

- Warm-up with light Jogging
- Stretch the major muscle groups
- 50 Lunges – 50 squats
- Butt-Kicks – run in place for 1 minute intervals – repeat 10 times (remember to swing your arms)
- High knees—run in place for 1 minute intervals—repeat 10 times
- 20 situps—20 push-ups—20 jumping jacks
- stretch