

ONE WEEK SAMPLE SPRINTER'S TRAINING PLAN

Day One	Day Two	Day Three	Day Four	Day Five	Day Six
Warm Up 800m Jog	Warm Up 800m Jog	Warm Up 800m Jog	Warm Up 800m Jog	Warm Up 800m Jog	Warm Up 800m Jog
Static Flexibility Hansen's Back Series (L-R) Spinal Roll Hands Behind Back Elbow/Obliques (L-R) Calf Stretch (Straight/Flexed, L-R) Split Stretch (L-R) Heel Sit Seated Straddle (M-L-R) Butterfly Figure 4/Pretzel (L-R)	Static Flexibility Hansen's Back Series (L-R) Spinal Roll Hands Behind Back Elbow/Obliques (L-R) Calf Stretch (Straight/Flexed, L-R) Split Stretch (L-R) Heel Sit Seated Straddle (M-L-R) Butterfly Figure 4/Pretzel (L-R)	Static Flexibility Hansen's Back Series (L-R) Spinal Roll Hands Behind Back Elbow/Obliques (L-R) Calf Stretch (Straight/Flexed, L-R) Split Stretch (L-R) Heel Sit Seated Straddle (M-L-R) Butterfly Figure 4/Pretzel (L-R)	Static Flexibility Hansen's Back Series (L-R) Spinal Roll Hands Behind Back Elbow/Obliques (L-R) Calf Stretch (Straight/Flexed, L-R) Split Stretch (L-R) Heel Sit Seated Straddle (M-L-R) Butterfly Figure 4/Pretzel (L-R)	Static Flexibility Hansen's Back Series (L-R) Spinal Roll Hands Behind Back Elbow/Obliques (L-R) Calf Stretch (Straight/Flexed, L-R) Split Stretch (L-R) Heel Sit Seated Straddle (M-L-R) Butterfly Figure 4/Pretzel (L-R)	Hansen's Back Series (L-R) Spinal Roll Hands Behind Back Elbow/Obliques (L-R) Calf Stretch (Straight/Flexed, L-R) Split Stretch (L-R) Heel Sit Seated Straddle (M-L-R) Butterfly Figure 4/Pretzel (L-R)
Dynamic Flexibility Eagles (Back/Front) Splits/Scissors w/ Rollover Single Knee Tucks Hip Circles (CW-CCW) Double Arm Circles (CW-CCW) Leg Swings (Sagittal/Frontal, L-R) Donkey Kicks/Leg Whips/Trail Leg Lifts (L-R)	Dynamic Flexibility Lead/Trail Leg Lifts Bicycle/ Backward Bicycle w/ Rollover Roll/Rollback Double Knee Tucks Single Arm Circles (CW-CCW) Hurdle Trail Leg Circles (L-R) Hurdle Seat Exchange Lunge Exchange (Straight/Side)	Dynamic Flexibility Eagles (Back/Front) Splits/Scissors w/ Rollover Single Knee Tucks Hip Circles (CW-CCW) Double Arm Circles (CW-CCW) Leg Swings (Sagittal/Frontal, L-R) Donkey Kicks/Leg Whips/Trail Leg Lifts (L-R)	Dynamic Flexibility Lead/Trail Leg Lifts Bicycle/ Backward Bicycle w/ Rollover Roll/Rollback Double Knee Tucks Single Arm Circles (CW-CCW) Hurdle Trail Leg Circles (L-R) Hurdle Seat Exchange Lunge Exchange (Straight/Side)	Dynamic Flexibility Eagles (Back/Front) Splits/Scissors w/ Rollover Single Knee Tucks Hip Circles (CW-CCW) Double Arm Circles (CW-CCW) Leg Swings (Sagittal/Frontal, L-R) Donkey Kicks/Leg Whips/Trail Leg Lifts (L-R)	Dynamic Flexibility Lead/Trail Leg Lifts Bicycle/ Backward Bicycle w/ Rollover Roll/Rollback Double Knee Tucks Single Arm Circles (CW-CCW) Hurdle Trail Leg Circles (L-R) Hurdle Seat Exchange Lunge Exchange (Straight/Side)
Sprint Drills A Skips B Skips Backward Skips Backward Runs Side Shuffle (L-R)	Hurdle Skill A Skips B Skips (L-R) C Skips (L-R) Skip Overs (L-R Lead)	Sprint Drills A Skips B Skips Backward Skips Backward Runs Side Shuffle (L-R)	Hurdle Skill A Skips B Skips (L-R) C Skips (L-R) Skip Overs (L-R Lead)	Sprint Drills A Skips B Skips Backward Skips Backward Runs Side Shuffle (L-R)	Hurdle Skill A Skips B Skips (L-R) C Skips (L-R) Skip Overs (L-R Lead)
Acceleration	General Strength	Special Endurance	Jump Circuit	Acceleration	Speed Development

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Development 8x60m Straight Leg Bounds LRLR... RRLR...	Pushups Prisoner Squats V-Sits Back Hypers Pushups w/Clap Rocket Jumps Dips Cossack Extensions L-Overs Wrestler's Bridge Swimming Burpees	250m x 150m (2 times)	Tuck Jumps Ski Jumps Single Leg Lateral Turns Straddle Jumps Single Leg Medial Turns Lane Hops Single Leg Squat Jump	Development 10x30m Blocks	3x30,40,60 blocks
Weight Training - Olympics Snatch 2x4 floor Squat 4x8 (100,110,120,130)lbs	Leg Curl Twist Lunges (L-R) Hyper-Ups Bent Over Row Back Pulldowns Dips Behind Neck Press Leg Extension Twisting Situps Hanging Leg Lifts Russian Twist Windmill	Weight Training - Olympics Snatch 2x4 floor Squat 4x8 (100,110,120,130)lbs	General Strength Leg Curl Twist Lunges (L-R) Hyper-Ups Bent Over Row Back Pulldowns Dips Behind Neck Press Leg Extension Twisting Situps Hanging Leg Lifts Russian Twist Windmill		Weight Training - Olympics Snatch 2x4 floor Squat 4x8 (100,110,120,130)lbs
Cool Down 1 lap walk	Cool Down 1 lap walk	Cool Down 1 lap walk	Cool Down 1 lap walk	Cool Down 1 lap walk	Cool Down 1 lap walk

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