

Spring Break Workouts

Jumpers / Vaulters / Hurdlers / Sprinters	
Date	Workouts
Thursday, March 28, 2024	2-4 x 200 @ 89% / R 5 min - w/u & c/d: 1/2 mile <i>Practice @ 8:15 AM</i>
Friday, March 29, 2024	Off (Good Friday)
Saturday, March 30, 2024	Off (Holy Saturday)
Sunday, March 31, 2024	Off (Happy Easter)
Monday, April 01, 2024	2 x 10 x 70m Uphill / R Jog Down - w/u & c/d: 1 mile
Tuesday, April 02, 2024	2-3 x 200 @ (88%-92%-96%) / R 3 min + Batons - w/u & c/d: 1/2 mile <i>Practice @ 8:15 AM</i>
Wednesday, April 03, 2024	3-4 x 150 Accl. / R W 250 - Blocks or Rolling 30's - w/u & c/d: 1/2 mile <i>Practice @ 8:15 AM</i>
Thursday, April 04, 2024	Drill Day + 8 x 40m (Blocks) / R Full + Plyos (50) - w/u & c/d: 1/2 mile <i>Practice @ 8:15 AM</i>
Friday, April 05, 2024	10 x 70m Full (Blocks) / R Full - w/u & c/d: 1/2 mile <i>Practice @ 8:15 AM</i>
Saturday, April 06, 2024	Metuchen Relays (for those selected)
Sunday, April 07, 2024	Off

Distance: 800-1600-3200	
Date	Workouts
Thursday, March 28, 2024	12 minute STEADY + 4 x 200 @ SPRINT-2 / R 3 min + 8 x 30m Fast / R Full + w/u & c/d: 10 min run <i>Practice @ 8:15 AM</i>
Friday, March 29, 2024	EASY 30 min run
Saturday, March 30, 2024	Off (Holy Saturday)
Sunday, March 31, 2024	Off (Happy Easter)
Monday, April 01, 2024	40-60 minute EASY run + 8 x 100m Stride
Tuesday, April 02, 2024	45 minute HILLY FARTLEK run <i>Practice @ 8:15 AM</i>
Wednesday, April 03, 2024	15 minute TEMPO run + 8 x 150m @ SPRINT-3 / R Full <i>Practice @ 8:15 AM</i>
Thursday, April 04, 2024	Drill Day / Circuit or Cross-Train - w/u & c/d: 10-15 min <i>Practice @ 8:15 AM</i>
Friday, April 05, 2024	30-40 minute EASY run + 8 x 100m Stride <i>Practice @ 8:15 AM</i>
Saturday, April 06, 2024	Metuchen Relays (for those selected)
Sunday, April 07, 2024	Off

Throwers	
Date	Workouts
	Take 30-40 throws a day.
	Shot: 10 C flicks; 10 Power throws; 10 glide stops; 10 glides.
	Discus: 10 stand throws; 10 mirror turns; 10 90 degree South African; 10 full throws.
	Javelin: 5 C tosses to target; 5 Power tosses to target (11 - 10 yds); 5 step-cross-plant; 5 3 step plant; 10 3 - 5 step full throws; 10 jog to 3 to 5 step full throws.
Saturday, April 06, 2024	Metuchen Relays (for those selected)
	<i>If you throw two implements: 20 throws one implement; 20 the other.</i>
	<i>If you throw three implements: 20 throws for two implements per day. Rotate the implements over three days.</i>
	<i>Keep Lifting Going / Email Coach Morro (ThomasMorro@popejohn.org) with any questions.</i>

*** Typical warm-up, drills, dynamic stretching, cool-down, pushups and situps for every workout.
*** Sprinters, do Ins/Outs regularly and work on your starts.