







SPRINT WARM-UP

- 10 X 100M; Run the straights and walk the turns
- Flexibility for 15 to 20 min
- 3x60m EZ acceleration
- 3x20m A skips into a 20m acceleration
- 3x20m B skips into a 20m acceleration
- 3x20m Run A's into a 20m acceleration
- 3x60m acceleration from a 3 point stance.

100m Model

- 1. Reaction Time
- 2. Block Clearance
- 3. Drive Phase
- 4. Transition
- 5. Max Acceleration
- 6. Maintenance
- 7. Deceleration

START

- REACTION TIME
- BLOCK CLEARANCE
- DRIVE PHASE

START WORKOUT

- 5 X 10M W/ 3 MIN R/R
- 4 X 20M W/ 3 MIN R/R
- 5 MIN R/R BETWEEN SETS

TRANSITION

- 3 TO 4 X 30M from the Blocks; w/ 3 to 4 min rest recovery

MAX VELOCITY

- FLY 60'S
- FLY 30'S
- 60 ACCELERATION; 3 point stance
- 80 ACCELERATION; 3 point stance

MAINTENANCE

- 5 X 150; w/ 6 min rest recovery
 - 6 X 120; w/ 5 min rest recovery
- All runs are from a 3 point stance.

DECELERATION

- 3 X 300; w/ 8 min rest recovery
- 4 x 250; w/ 7 min rest recovery
