

LONG SPRINT WORKOUTS

JANUARY 25-29, 2010

- MON. JAN. 25 800m MOBILITY JOG
6 X 200 @ +6/200 (3:00)
800m EASY JOG WARMDOWN
- TUE. JAN 26 800m MOBILITY JOG
3 WARMUP STARTS 3 X REACTION STARTS
2 X 450 @ (32W,30M/200) 10:00 REST
1 X 200 @ 28M, 32W
800m EASY JOG WARMDOWN
- WED. JAN. 27 800m MOBILITYJOG
4 X 200 EXCHANGES
1 X 250 @ 28M/32W/200 (12:00)
800m EASY JOG WARMDOWN
- THU. JAN. 28 800m MOBILITY JOG
WARMUP STARTS; 3 X FULL CURVE W/REACTION
6 X 150 FAST (2:00)
800m EASY JOG WARMDOWN
- FRI. JAN 29 800m EASY JOG, SHORT DRILLS
3 X CURVE STARTS (FULL)
4 X 200 EXCHANGES
SPRINT MEDLEY EXCHANGES
4 X 400 EXCHANGES
800 EASY JOG WARMDOWN
- SAT. JAN. 30 **OAC RELAYS**