

Scotch College

Athletics Holiday Program 2009

Sprints 100m, 200m, 400m

Note: Training sessions will be conducted at Scotch on the following days from 10:00am – 12:00 noon

Monday	14 th September
Wednesday	16 th September
Friday	18 th September
Monday	21 st September
Wednesday	23 rd September
Friday	25 th September
Monday	28 th September
Wednesday	30 th September
Friday	2 nd October (Steve at a conference but other coaches at school)

If you are in Melbourne for the entire period of the holidays you need to come to all training sessions.

If you are in Melbourne for some of the holidays you need to get to as many sessions as possible.

If you are away for the entire holiday period you need to get the sessions done where you are staying.

Any queries please contact Steve Gaffney on 0412 646 521. And contact for Friday 2nd October is 0403418157 (Brenton Morley)

Athletics Holiday Program 2009

Hurdles

Matt Blair is available for Hurdles training on the following dates:

Monday	14 th September
Friday	18 th September
Friday	25 th September
Monday	28 th September
Friday	2 nd October

Athletics Holiday Program 2009

Middle Distance

Please see Andy Hart's training program (separate document)

Please note all boys welcome to above training times – e.g. coaches will follow the Middle Distance program for middle distance athletes at school.

Sprints and Hurdles

The Program

The following warm-up applies to ALL training sessions.

1. Skip jogging 60 metres up and back
2. Sideways running 60 metres up and back
3. Javelin running 60 metres up and back
4. Skip A's 3x20 metres
5. Butt kicks 3x20 metres
6. 3x 60 metres strides, 60%, 70%, 80%.
7. 3X40 metres acceleration runs, 85%, 90%, 95%.

The following warm-down applies to ALL training sessions.

1. Jog 2 slow, easy laps.
2. Calf stretch, 20 seconds each leg.
3. Achilles stretch, 20 seconds each leg.
4. Quad stretch, 20 seconds each leg.
5. Lower back stretch, 20 seconds each side.
6. Glute stretch, 20 seconds each leg.
7. Salter layout, 20 seconds each leg.
8. Hamstring stretch, 20 seconds each leg.

Training session details (Sprints and Hurdles)

Monday 14th September (Hurdles available)

Starts – 6x30 metres

Change of speed runs – 4x60 metres, 20 metres 80%, 20 metres 75%, 20 metres 100%.

Change of speed runs – 2x80 metres, 20 metres 75%, 20 metres 80%, 20 metres 75%, 20 metres 100%.

Longer speed runs – 3x120 metres 75%

Wednesday 16th September

Complete the following runs at 90% with long recoveries, 5-8 minutes.

1x 300 metres

1x 250 metres

1x 200metres

1x150 metres

Friday 18th September

(Hurdles available)

Complete the following runs at 90% with long recoveries, 3-5 minutes.

3x120 metres

3x150 metres

Monday 21st September

Starts – 1 each of 20 metres, 30 metres, 40 metres, 50 metres, 40 metres and 30 metres.

Change of speed runs – 4x60 metres, 20 metres 90%, 20 metres 80%, 20 metres 100%.

Change of speed runs – 2x80 metres, 20 metres 80%, 20 metres 90%, 20 metres 80%, 20 metres 100%.

Longer speed runs – 2x120 metres 75%

Longer speed runs – 2x150 metres 75%

Wednesday 23rd September

Complete the following runs at 90% with long recoveries, 6-10 minutes.

1x 200 metres

2x 300 metres

1x 200 metres

Friday 25th September

(Hurdles available)

Complete the following runs at 90% with long recoveries, 4-6 minutes.

1x150 metres

1x140 metres

1x130 metres

1x120 metres

1x110 metres

1x100 metres

Monday 28th September

(Hurdles available)

Starts – 1 each of 20 metres, 40 metres, 60 metres, 50 metres, 30 metres and 20 metres.

Change of speed runs – 4x60 metres, 20 metres 90%, 20 metres 85%, 20 metres 100%.

Change of speed runs – 2x80 metres, 20 metres 85%, 20 metres 90%, 20 metres 85%, 20 metres 100%.

Longer speed runs – 3x150 metres 85%

Longer speed runs – 2x120 metres 85%

Wednesday 30th September

Complete the following runs at 90% with diminishing recoveries, 6-10 minutes.

1x 200 metres – 5 minute recovery

1x 200 metres – 4 minute recovery

1x 200 metres – 3 minute recovery

1x 200 metres – 2 minute recovery

1x 200 metres – 12 minute recovery

1x 300 metres 100%

Friday 2nd October

(Hurdles available)

Change of speed run – 1x150 metres, 60 metres 90%, 40 metres 75%, 50 metres 100%.

5 minutes recovery

1x150 metre run at 75%

4 minutes recovery

1x150 metre run at 100%

5 minutes recovery

Change of speed run – 1x120 metres, 40 metres 90%, 40 metres 85%, 40 metres 100%.

5 minutes recovery

1x 120 metre run 75%

4 minutes recovery

1x120 metres 100%