MARC Workout Ideas – Sprinters – Taken from a high school workout – please adjust #of reps and goal times accordingly – each individual is unique! ☺
Always do a warm up – dynamic movements, form drills
Always do a cool down – jog a 400 or more – stretch, roll out

2x5xFLY20M (This means 2 sets of 5, 20 meter sprints with a 10M run in)
You can do this anywhere and estimate the distance.
Use the 10 meters leading up to the start of the 20 to get up to full speed and then hold that all the way through to the end of the 20.
After each 20 rest for 2-3 minutes. This is very important. You must be fully recovered after each run for the workout to work. We are working speed and that only works at top end. After the first 5 rest for 5 minutes and then begin the next 5.
Hills 4x50M and 4x30M
Find a hill. The more gradual the slope the better but work with what you have. Run the first 4 at about 50 meters at about 90 to 95% of your max speed. Rest for 3 minutes between each. After 4 rest for 5 minutes and then repeat for 30 meters.

4x80/4x100/4x80 (100/200M Runners)
This workout is more of a sprint endurance workout. The rest is shorter at **45 sec** and the pace is a bit slower at 75%. After each set rest for 5 minutes.
OR
2x4x200M (400/300INT) *This is for the group that may run anywhere from 100M to 400M
Rest is 2 minutes between each rep and 5-8 minutes between the two sets.
If you are doing this in your neighborhood/yard you can just run at about 75% for 30 seconds.

4x80/2x100/4x80/2x100 (100/200M Runners)
You should be running this at about 85% Take **5 minutes** to recover between each set.
OR
4x400 (400 Runners)
85% effort and rest 5 minutes between each set.
4x300 (100/200 runners)
85% effort and rest 5 minutes between each set.

24 Second Drill
Run for 24 seconds as fast as you can. Recover for 8-10 minutes and repeat. Your second attempt should be within about 5 meters of the first.

Drills
BOOMS **(Do booms at the end of the warm-up start with a single boom. Repeat about 10 times for 3 sets)**
Accelerations Drills:
Push Up Starts
Roll Over Start
Half Kneeling Start
Falling Start
2 PT Start
Do 2 sets of each of above drills for 20 yards.
Think about "Pushing the Ground Away" your strides should be short and powerful. Think of it like getting your skateboard going. You do not quickly kick at the ground you use longer powerful push like strides to begin with.
Another good thing to think about is to split the thighs like a scissors, keep your shin angels at 45 and have a low heel recovery. See pic below:

2x5xFLY30M (This means 2 sets of 5, 30 meter sprints with a 10M run in)
You can do this anywhere and estimate the distance.
Use the 10 meters leading up to the start of the 30 to get up to full speed and then hold that all the way through to the end of the 30.
After each 30 rest for 2-3 minutes. This is very important. You must be fully recovered after each run for the workout to work. We are working speed and that only works at top end. After the first 5 rest for 5 minutes and then begin the next 5.
Hills 4x70M and 4x30M
Find a hill. The more gradual the slope the better but work with what you have. Run the first 4 at about 90 to 95% of your max speed. Rest for 3 minutes between each. After 4 rest for 5 minutes and then repeat for 30 meters.

4x100/4x150/4x100 (100/200M Runners)
This workout is more of a sprint endurance workout. The rest is shorter at **45 sec** and the pace is a bit slower at 75%. After each set rest for 5 minutes.
OR
2x4x200M (400) This is for the group that may run anywhere from 100M to 400M
Rest is 2 minutes between each rep and 5-8 minutes between the two sets.
Or you can run for 30, 40 or 50 sec (time if you don't know the distance) at 75% effort

4x80/2x100/4x80/2x100 (100/200M Runners)
This workout is similar to above but gives you more rest at **90 seconds** which means the speed at which you run is a bit faster. You should be running this at about 85% Take **5 minutes** to recover between each set.
OR
600-400-200-400-600 (400 Runners)
Can't get to a track? Don't worry you can just run at approximately 75% effort for approx. time of
600 (1:30 to 2:00 min)
400 (65 to 80 sec)
200 (30 to 45 sec)
OR
4x300 (100/200)
Run each 300M at 75% rest 5 minutes between each set.