

**Track  
Workout**



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	<b>Exercise</b>	<b>Notes</b>
<b>Warm-Up</b>	<b>1200 meter Warm-up Run</b>	Brisk pace
	<b>Dynamic Warm-up</b>	Each exercise is done for 20 meteters: High Knees, Butt Kicks, Arm Swings, Leg Swings, Deep Lunges, Rotating Lunges, Power Skips, A-Skips, B-Skips, Walking Toe Touches
	<b>Monday For Strength</b>	4 to 6 400's (90 seconds to 2 minutes rest)
<b>Workout</b>	<b>Wednesday For Speed</b>	2 150s, 2 100s, 2 60s 2 to 3 minutes rest between
	<b>Friday Race Simulator</b>	400 broken into 150,150,100 (20/30secs rest in btwn) (do 2 to 3 times)
	<b>1200 meter run</b>	
<b>Cool Down</b>	<b>Stretch</b>	