



Lateral Step (strengthens abductors)



Medial Pull (strengthens adductors)



Lying Leg Raises (abductors)



Medial Pull In's (adductors)



Lateral Leg Raises (abductors)



Front Leg Raise (strengthen hip flexors)



Knee Drive (hip flexors)



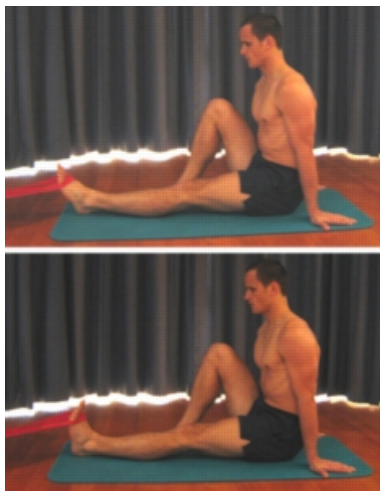
Wall Knee Drives (hip flexors)



Front Leg Raises (hip flexors)



Ankle Inversion (tissue surrounding hips)
Work on going opposite direction also!!



Dorsal Flexion (ankles/shins)



Dorsal Extension (ankles, shins, calves)
(push toes forward)

Avoiding Shins Splints, Lower Back Pain and Hip Concerns in Track Athletes

Train the following smaller but significant muscle groups to avoid common injuries that can detrimentally impact athletic performance. The following exercises help strengthen the abductors, adductors and hip flexors. Train these muscle groups 2 times a week in combination with your core routine for best results. You can include exercises performed using the cable machine as well as those done on the abductor/adductor machine.

Core Exercises and Lower Back Exercises

Incorporate a variety of crunches (include the obliques), planks, weighted core exercises and lower back exercises (such as back extensions and supermans) into your workout routine. Make sure to work the entire core. Use medicine balls for added weight, physio balls to change up the angles of your core routine and utilize videos from you tube that challenge you and mix up your routine.

Sprinters: Building a Base Phase for the Upcoming Season

Ideally I would like you to be able to comfortably run 2 miles at an 8 minute mile pace. If that is challenging for you then do your best to be able to complete 2 miles with limited walking. Anything is always better than nothing. I am hoping to start the track season with 3 weeks of cardio conditioning and muscular endurance conditioning and then move into more intense sport specific work that that directly relates to sprinter performance. This is why I would like you to come in with a decent cardio base- to AVOID injury. Many leg related/hip related complications can be avoided with a good cardio base and leg work done pre-season (see resistance band exercises).

While I want you to have a good base I also do not want you to overtrain. When building up your base phase please keep the small muscle leg work (hip flexors, abductors and adductors) to 2 days a week. When running incorporate other cardio components into your workout plan. Swimming, biking, using the elliptical etc will all help to increase your cardio capacity and your running time will improve as a result of it. Pressed for time? Try interval workouts. If you are looking for some moderate to high intensity interval workouts please let me know.

Cardio Base Programs- Sprinters

- For those of you who already have a good aerobic base and want to take it up a notch- please check out the following information. Ideally I would like you to be able to run 2 miles at an 8 minute mile pace to start the season but if you are not there the following programs can be tailored to fit any goal pace time
- [How to Run an 8 Minute Mile](#)

- *Interval workouts for 10 to 8 minute mile pace time*

Level 10 Interval Workout option 1 (for advanced runners):

Warm up: 2-5 minutes walking.

Workout:

-Segment 1: 6.2 mph for 90 seconds

-Segment 2: 7.6 mph for 30 seconds

-Repeat segment 1-2 for 10 times (20 minutes) to finish the 2 mile run.

Cool down: 5-10 minutes walking

Level 10 Interval Workout option 2 (for advanced runners):

Warm up: 2-5 minutes walking

Workout:

-Segment 1: 7.1 mph for 90 seconds

-Segment 2: 9 mph for 30 seconds

-Repeat segment 1-2 for 8 times (16 minutes) to finish the 2 mile run.

Cool down: 5-10 minutes walking

**Ideally I would like you to control your heart rate during the interval workouts. This way you can make sure you don't overstress your body by working out at an intensity level you are not yet prepared for.

**Another advice is to not skip the warm up and cool down steps, no matter how good in shape you are. This helps to prevent injuries.

30:30 Interval Workout

Warm up: 2-5 minutes walking

Workout:

-start running at a fast pace that is manageable yet faster than your mile pace (and you can maintain good running form). Run this for 30 seconds.

-walk for 30 seconds (this is not ideal on a treadmill but instead of resetting the speed to a lower pace simply get off the treadmill and walk in the same area as the treadmill so when the 30 seconds is up you can jump back on for the running segment.

-continue this 30:30 segment for 20 minutes

Cool down: 2-5 minutes walking

**Setting the treadmill at a 1 degree incline can better simulate running outside

- [Additional Interval Workouts](#)

****Remember these workouts are not set in stone. They offer a pattern you can follow but the speeds and times can all be adjusted and modified to fit your individual needs****

- *The following articles are for the late starter- those who do not have a good cardio base and need a starting point.*

4 Week Running Plan

WEEK 1

| | Warm-up | Run-Walk Plan | Cool-down | Total Duration |
|------------|----------------|----------------------------|------------------|-----------------------|
| | Walk | | Walk | |
| <i>1st</i> | 10 min | 1 min run, 1 min walk (5x) | 10 min | 30 min |
| <i>2nd</i> | 10 min | 1 min run, 1 min walk (7x) | 5 min | 29 min |
| <i>3rd</i> | 10 min | 2 min run, 1 min walk (5x) | 5 min | 30 min |
| <i>4th</i> | 5 min | 2 min run, 1 min walk (7x) | 4 min | 30 min |

WEEK 2

| | Warm-up | Run-Walk Plan | Cool-down | Total Duration |
|------------|----------------|----------------------------|------------------|-----------------------|
| | Walk | | Walk | |
| <i>1st</i> | 5 min | 3 min run, 1 min walk (5x) | 5 min | 30 min |
| <i>2nd</i> | 5 min | 5 min run, 2 min walk (3x) | 4 min | 30 min |
| <i>3rd</i> | 4 min | 5 min run, 1 min walk (4x) | 2 min | 30 min |
| <i>4th</i> | 5 min | 8 min run, 3 min walk (2x) | 3 min | 30 min |

WEEK 3

| | Warm-up | Run-Walk Plan | Cool-down | Total Duration |
|------------|----------------|-----------------------------------|------------------|-----------------------|
| | Walk | | Walk | |
| <i>1st</i> | 5 min | 10 min run, 5 min walk, 5 min run | 5 min | 30 min |
| <i>2nd</i> | 5 min | 12 min run, 3 min walk, 5 min run | 5 min | 30 min |
| <i>3rd</i> | 10 min | 15 min run | 5 min | 30 min |

4th

6 min

18 min run

6 min

30 min

WEEK 4

| | Warm-up Walk | Run-Walk Plan | Cool-down Walk | Total Duration |
|-----|-------------------------|----------------------|---------------------------|-----------------------|
| 1st | 5 min | 20 min run | 5 min | 30 min |
| 2nd | 5 min | 22 min run | 3 min | 30 min |
| 3rd | 3 min | 25 min run | 2 min | 30 min |
| 4th | 2 min | 30 min run | 2 min | 30 min |
