

# EMAT

## Varsity Track and Field Off Season Track Workouts

If lifting, Sprint workouts should be done before.

### Warmup:

#### General Warm Up:

JOG 50 YARDS  
RUN BACKWARDS 50 YARDS  
REPEAT STEP 1 AND 2 TWO MORE TIMES

#### Specific Warmup:

Each exercise below is followed by a 20 yard jog. Walk back to start.

10 Squats  
10 Mountain Climbers  
10 Walking Lunges  
10 Side Lunges  
10 Speed Skaters each leg: <https://www.youtube.com/watch?v=Rha4vEABdTM>  
10 POGO JUMPS: <https://www.youtube.com/watch?v=kVWMTHFAE1Q>  
10 STAR JUMPS: <https://www.youtube.com/watch?v=Aq2zjcuqbvE>

Add in any other warm up stretches necessary. Make sure to emphasize hip flexor flexibility to help with hamstring tightness.

#### **Workout # 1 (Accelerations):**

- [FALLING STARTS - 2x10 YD EACH LEG](#)
- [KNEELING STARTS - 2x10 YD EACH LEG](#)
- [40 STANCE STARTS - 6x10 YD REST: 1 MINUTE REST AFTER EACH REP](#)
- [20 YD BUILD UPS x 8 REPS - Build up for 20yds. At the 20 yard mark you should be full speed for 1-2 steps then decelerate 20 yards REST: 2 MINUTE REST AFTER EACH REP](#)

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## **Workout #2: Acceleration (1 day)**

- 8 x 30 meters – 3-minute recovery

## **Workout #3: Speed Training (1 day)**

- 5 x 50 meters – 3-minute walkback recovery

## **Workout #4: Resistance Runs (1 day)**

- Stair Sprints: 8 x 4 flights up. Walk down/3-minute recovery

## **Workout #5: Endurance Training (1 day)**

- 6 x 1Lap Indoor sprints–, build up speed on straightaways - 50% on turns. 1 lap walk recovery. 3 Clockwise and 3 counter clockwise.

## **#6 Acceleration (1 day)**

- 6 x 20 meters – 4 minute recovery

- 6 x 30 meters – 3 minute recovery

## **#7 Speed Training (1 day)**

- 4 x 60 meters – 3-minute recovery

## **#8 Resistance Runs (1 day)**

- Stair Sprints: 10 x 4 flights up. Walk down/4-minute recovery

## **#9 Endurance Training (1 day)**

- 4 x 200m 50% turns, build up straightaways - 3 minute recovery

## **#10 Acceleration (1 day)**

- 10 x 30 meters- 5 minute recovery

## **#11 Speed Training (1 day)**

- 5 x 50 meters – 3-minute recovery

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## #12 Resistance Runs (1 day)

- Sled Pushes or: 10 x 20 meters – 3-minute recovery

## #13 Endurance Training (1 day)

- 12 x 50 meters — 50% speed, build up 10% per 10 meters (ending at 90%) - walk back recovery

## #14 Acceleration (1 day)

- 4 x 30 meters – 5 minute recovery
- 4 x 20m – 4 minute recovery
- 6 x 10m – 3 minute recovery

## #15 Speed Training (1 day)

- 6 x 60 meters – 4-minute recovery

## #16 Resistance Runs (1 day)

- Sled Pushes: 15 x 15 meters – 4-minute recovery

## #17 Endurance Training (1 day)

- 6 x 1 lap — 50% speed turns, build up 90% on straightaways - 1 lap walk recovery

## #18 Acceleration (1 day)

- 4 x 20 yards – 3 minute recovery
- 20 x 10 yards – 3-minute recovery

## #19 Speed Training (1 day)

- 2 x Acceleration-sprint-float-sprint (Straightaway, Turn, Straightaway)  $\frac{3}{4}$  lap
- 3 x 200 – 6 minute recovery

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## #20 Resistance Runs (1 day)

Stairs: 10 x 4 flights – 2-minute recovery

## #21 Endurance Training (1 day)

8 x 1 lap –50% speed, build up straightaways - 1 lap walk back recovery

## #22 Acceleration (1 day)

4 x 30 meters – 3 minute recovery

10x 20 meters- 3 minute recovery

## #23 Speed Training (1 day)

1 lap Acceleration-sprint-float-sprint

50 meter acceleration to 10 meters sprint at 100%- 30 meter float at 80%-10 meter sprint at 100%

4 x 23s sprint lap - 8-minute recovery

## #24 Resistance Runs (1 day)

Stairs: 10 x 4 flights – 3-minute recovery

## #25 Endurance Training (1 day)

8 x 1 lap meters — Sprint straights - float turns.