

# July/August 2007 GVH Sprinters Training Plan

## Training Paces:

Use current times as maximum and percentage of that during workouts. If unsure of your training paces, check with Coach Reif. The following is based on a 53 second 400 time @ 100% effort. Adjust your times accordingly.

Distance	100%	95%	90%	85%	80%	75%
60						
100	11.5	12.1	12.7	13.3	13.8	14.4
150	17.6	18.5	19.4	20.3	21.2	22
200	23.5	24.7	25.9	27	28.2	29.4
300	39.	41	42.9	44.9	46.8	48.75
400	53	55.65	58.3	61	63.6	66.25
500	68	71.4	75	78.2	81.6	85
600	1:28	1:32.4	1:36.5	1:41.2	1:45.6	1:50

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 2 x 600, 400, 200 @80% 6 x starts	4	5 200, 200, 100, 200,100, 100 @ 90% effort	6	7
8	9	10 2 (300 @ 90% - 5 min rec. 1 x 200 @90% 10 min rec). then 4 x 50 @ 200 speed, 4 x starts	11	12 2 (400 @ 95% - 5 min rec. 1 x 200 @95% 10 min rec). then 4 x 50 @ 200 speed, 4 x starts	13	14 4 x 100 @ 200 speed 8 x starts
15	16	17 2 x 600, 400, 200 @90% 6 x starts	18	19 1x 400, 300, 200, 100 @95%	20	21 4 x 75 @ 200 speed 6 x starts
22	23	24 3 x150 @95% (fast, coast, hammer) 6 x 50 @ 200 speed	25	26 2 x 150 (fast, coast, hammer) 4 x 50 @200 speed 4 x starts	27	28
29	30 Final workout 1x 150 (fast, coast, hammer) 4 x 50 @ 200 speed 4 x starts	31	AUGUST 1	2 USATF Nationals 400 M Prelims	3 400 Finals	4 200M Trials