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**&**

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**Workouts for High School Coaches**

**100-meter workouts options that could be suitable for high school boys and girls.**

1. Hill sprints: Find a hill that takes approximately 10-15 seconds to sprint up. Start with 3-4 repetitions and gradually increase the number as your fitness improves.
2. Resistance sprints: Attach a resistance band to a stable object and have the athlete sprint while pulling the band. This can be done on a track or a field.
3. Sprint intervals: Warm up with a light jog and then perform 6-8 all-out sprints of around 100 meters, with short rest intervals in between.
4. Sprint relay: Divide the team into groups of 3-4 and have them complete a series of 100-meter sprints, passing a baton to the next member of the group after each sprint.
5. Plyometric sprints: Incorporate plyometric exercises such as bounding, hopping, and skipping into your sprinting routine to improve power and explosiveness.

**It's important to gradually increase intensity and volume to avoid injury. It's important to start with a warm-up to prepare your body for the intense effort of the workout, and to cool down afterwards to help your muscles recover. It's also a good idea to incorporate a variety of exercises and workouts into your training program to help improve your overall speed and endurance. Remember to listen to your body's needs.**

**100-meter workout Interval training:**

* Warm up with a jog or light run for 5-10 minutes
* Run 100 meters at near maximum effort, followed by a 100-meter jog
* Repeat this pattern for a total of 8-10 intervals
* Cool down with a jog or light run for 5-10 minutes
1. Hill sprints:
* Find a hill that is about 100 meters long
* Warm up with a jog or light run for 5-10 minutes
* Sprint up the hill for 100 meters, then walk or jog back down
* Repeat this pattern for a total of 8-10 intervals
* Cool down with a jog or light run for 5-10 minutes
1. Plyometric training:
* Warm up with a jog or light run for 5-10 minutes
* Perform a series of plyometric exercises, such as bounding, skipping, or jumping, for a total of 8-10 intervals
* Each interval should be about 100 meters in length
* Cool down with a jog or light run for 5-10 minutes

**200-meter training program for high school boys and girls over a two-week period**:

**Week 1:**

**Monday:**

* Warm up with a jog or light run for 5-10 minutes
* Run 200 meters at a moderate pace, followed by a 200-meter jog
* Repeat this pattern for a total of 4-6 intervals
* Cool down with a jog or light run for 5-10 minutes

**Wednesday:**

* Warm up with a jog or light run for 5-10 minutes
* Run 200 meters at a moderate pace, followed by a 200-meter walk
* Repeat this pattern for a total of 4-6 intervals
* Cool down with a jog or light run for 5-10 minutes

**Friday:**

* Warm up with a jog or light run for 5-10 minutes
* Run 200 meters at a moderate pace, followed by a 200-meter jog
* Repeat this pattern for a total of 4-6 intervals
* Cool down with a jog or light run for 5-10 minutes

**Week 2:**

**Monday:**

* Warm up with a jog or light run for 5-10 minutes
* Run 200 meters at a moderate to fast pace, followed by a 200-meter jog
* Repeat this pattern for a total of 4-6 intervals
* Cool down with a jog or light run for 5-10 minutes

**Wednesday:**

* Warm up with a jog or light run for 5-10 minutes
* Run 200 meters at a moderate to fast pace, followed by a 200-meter walk
* Repeat this pattern for a total of 4-6 intervals
* Cool down with a jog or light run for 5-10 minutes

**Friday:**

* Warm up with a jog or light run for 5-10 minutes
* Run 200 meters at a moderate to fast pace, followed by a 200-meter jog
* Repeat this pattern for a total of 4-6 intervals
* Cool down with a jog or light run for 5-10 minutes

**Just like the 100 workouts it’s important to start with a warm-up in the 200 to prepare your body for the intense effort of the workout, and to cool down afterwards to help your muscles recover. It's also a good idea to incorporate a variety of exercises and workouts into your training program to help improve your overall speed and endurance. As you progress through the two weeks, you can gradually increase the intensity of your workouts by running at a faster pace or adding more intervals. Be sure to listen to your body and take breaks as needed to avoid overtraining or injury.**

-A block workout is a training program that involves dividing a workout into distinct blocks or sections, each focusing on a specific set of exercises or muscle group. Block workouts can be structured in a variety of ways, but the overall goal is usually to target specific areas of the body or to emphasize certain training goals, such as strength, endurance, or muscle building.

**Block workout for the upper body:**

* Block 1: Warm-up (5-10 minutes)
* Block 2: Chest and triceps (3-4 sets of 8-12 reps of bench press, dips, and triceps pushdowns)
* Block 3: Back and biceps (3-4 sets of 8-12 reps of rows, pull-ups, and bicep curls)
* Block 4: Shoulders (3-4 sets of 8-12 reps of shoulder press, lateral raises, and rear delt flyes)
* Block 5: Cool-down (5-10 minutes)

**Just remember block workouts can be an effective way to structure a workout, as they allow you to focus on specific muscle groups and training goals. They can also be a useful way to vary your training routine and keep things interesting. However, it's important to ensure that you're using proper form and technique when performing the exercises, and to listen to your body and take breaks as needed to avoid overtraining or injury.**

**Presented by Olympian Christian Coleman**