



SPRINT RELAY EVENT WORKOUT

REQUIREMENTS

Track, Baton, Cones

DURATION

60-90 Minutes

TEAM WARMUP (10-15 MINS)

Jogging Warmup

2-3 Laps. Jog Forward, Skip Forward, Jog Backward, Skip Backward, Side Shuffles

Dynamic Warmup

Arm Swings, Leg Swings Side to Side & Front to Back, Glute Kick Run, Straight Leg Bound, High Knee Run, Backwards Run

Team Static Stretch

Shoulder/Chest, Butterfly, Seated Hamstring, Hip Twist, Kneeling Hip Flexor, Quads, Calves

Build-Ups

3 x 80m - 60%, 80%, 80%

SPRINT RELAY DRILLS (40-60 MINS)

Line Spacing Drill 10-15 mins

Runners line up with arms extended to maintain proper spacing; pass baton with stationary feet

7 Step Relay Drill 10-15 mins

Coach counts "one-three-five-seven"; runners pass/receive baton on seven

Accelerate But Don't Pass Drill 10-15 mins

Receiver counts steps "one-three-five-seven" - on seven he or she puts hand back to receive the baton

Sprinting Relay Drill 10-15 mins

Runners complete a handoff at full speed

TEAM COOLDOWN (10-15 MINS)

Jogging Cool Down

1-2 Laps. Jog Forward, Jog Backward, Side Shuffles

200m Walking

Heel Walk, Backwards Walk

Team Static Stretch

Shoulder/Chest, Groin, Hips, Quads, Calves