

# Spike Set 50s

## **Warm Up (400)**

400 FS

## **Kick Set (400)**

8 X 50 as ↑ kick hard ↓ FS easy

## **Spike Set (2000)**

Begin at threshold pace per 50 plus 4 seconds (TP+4s). Increase send-off time by 2 seconds for each set.

16 X 50 on \_\_\_\_\_ (TP+4s), sprint every 4<sup>th</sup>

12 X 50 on \_\_\_\_\_ (TP+6s), sprint every 3<sup>rd</sup>

8 X 50 on \_\_\_\_\_ (TP+8s), sprint every 2<sup>nd</sup>

4 X 50 on \_\_\_\_\_ (TP+10s), sprint every one

## **Cool Down (200-400)**

200-400 Choice