

MID Sprints (400/800)

Monday February 19: rest

Tuesday February 20th:

*** Boys Soccer Playoff Game... Practice over by 4:45***

1) Ladders with Speed Warm-up

a. 6 * 20 meter Fly-ins with 2 minute run

1. 30 meter acceleration- 20 Meter Fly---30 meter Decelerate

2) Speed Cool-down

Wednesday: February 21st

*** Get Jump/ Vault Pits out first***

*** Game Day***

1) Ladders with Strength Warm-up

a. 10 minute progression run (70%-80%-85%)

i. 160-100-60 * 4-6 sets * See Coach Mello for # of sets

1. Easy 5-10 minutes on the turf

2) Strength Cool Down

Thursday: February 22nd

1) Ladders with Speed Warm-up

a. Step circuit

1. Feed The Beast Drill

2) Speed Cool-down

Friday: February 23rd (if no game at Home)

Ladders with Strength Warm-up

a. 3 lap progression run (70-80-90%)

i. 600/400/3*150

1. 5-10 minute easy on turf

2) Strength Cool Down