

Sprinter/Jumpers/ Hurdlers: RUNNING WORKOUT

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 walk around

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. 2 *100 meter 75% - 80% - 90% buildups

i. NEW DRILL:

1. FEED THE BEAST DRILL

2) Strength Cool Down

Thursday: February 22nd

1) Ladders with Speed Warm-up

a. 3 * 200m FAST with 3 Minutes Rest (Time each one)

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

2) Speed Cool-down

Friday: February 23rd

Ladders with Strength Warm-up

a. 2 *100 meter 75% - 80% - 90% buildups

i. PRACTICE NEW DRILL:

1. FEED THE BEAST DRILL

2) Strength Cool Down