

Jumpers Workout

**Monday**

**4/4**

**Speed Warm-up**

FOCUS ON FORM IN WARM-UP

3 \* fly 30's with 25 yard run-in

**LJ and TJ Jumpers:**

**MAKE SURE MEASURED mark on the track with 3 step mark is spot on**

10 x 3 step pop-ups into HJ Pit heel to butt landing arms forward

10\* Standing Jumps into the pit over a LARGE cones... heel to butt throws arms

3 \* Small Gallops 15 yards into the pit walk back

3 \* gallop and hang into the pit walk back

2 \* L-L-R-R-L-L-R-R into the pit

2\* L-R-L-R-L-R-L-R into the pit

4- Jumps into the pit OVER LARGE CONES AND NO MEASURING

TJ: Cones for patterns \* 5

**HJ**

3 X ½ Circle Runs

3 x ½ circle runs with pop-up

3 x ½ circle with Pop over mini hurdle

Set up approach... Mark a J turn Start with an 8 step approach

4 Flops

4 sits

4 scissors

4 x pop-ups into pits from your mark

**Strength Sprinters:**

**3\*5 hex bar deadlifts with 5 box jumps in weight room if late see coach lasky**

**Cool Down Phase 2 Easy in Weight Room**