

Pole Vaulters

**Monday**

**4/4**

Speed Warm-up

FOCUS ON FORM IN WARM-UP

3 \* 20 fly 's with 25 yard run-in on the straight

**Vaulters: (work TOP ARM placement and new mark)**

*5 \* 1 step one arm Tall and High into pit*

*5 \* 2 step one arm Tall and High into pit*

*5 \* 3 step one arm Tall and High into pit*

*5\* 3 step pit land on foot*

*5 \* 3 Step land on sitting ... hips in front of left arm*

*5 \* 3 step pit land on back*

*5 \* 3 step land on side*

*5\* 3 Land on Stomach*

*10 vaults into the pit... @ 80% height :*

*Concentrate on tip holding knee and finishing with hips UP*

**Strength Sprinters:**

**3\*5 hex bar deadlifts with 5 box jumps in weight room if you miss weightroom see coach**

**Lasky**

**Go to Weight room and use bars to practice hips**

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