

Monday

Time	Activity	Coaches
	<p>Warm-up - Sprinters/Middies 400m jog/skip 2 x 30m loose skip w/arm swing 2x30 loose skip w/arm circles 2x30m side skip 1x30m back skip Lunge to hamstring x 20 Lunge w/twist x20 Iron cross x 20 Scorpion x 20 3 x 30m accel @ 75% 2 x 30m High knee carioca Front leg swing x20 Side leg swing x20 2 x 30m backward run 4 x 30m accel 80-90%</p> <p>Multi Jumps - 3 sets. Do each exercise for 30 seconds on with 30 seconds rest. Repeat whole workout 3 times. https://www.youtube.com/watch?v=Bowx2LLJM98</p>	
	workout - 8 x 30 meter accelerations	
	<p>Strength Workout https://www.youtube.com/watch?v=6x87yG1njU0</p>	

Tuesday

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	400m jog/skip 2 x 30m loose skip w/arm swing 2x30 loose skip w/arm circles 2x30m side skip 1x30m back skip Lunge to hamstring x 20 Inchworm x10 Spiderman x 20 3 x 30m accel @ 75% 2 x 30m carioca Front leg swing x20 Side leg swing x20 2 x 30m backward run 2 x 15m A March 2 x 15m A Skip 2 x 15m A Run 4 x 30m accel 80-90% Speed ladders, pick 10 exercises. Can just use lines on ground or in a parking lot, tape floor, or use chalk on driveway to create ladder. https://www.youtube.com/watch?v=ilCTuTZCJyM&t=105s	
	Workout - 4 sets of (30/30/30) + burpee x10 with 10 minute rest between sets	
	20 Minute Strength Workout https://www.youtube.com/watch?v=oAPCPjnU1wA	

30/30/30

Run a 30 as hard as they can, then decelerate and turn around. Return to where they finished the 30 and run back the other way, decelerate and run back a third time. Rest is roughly 10 seconds as they decelerate and turn around. After burpees they rest 8 minutes and repeat 3 times. Use telephone poles for distance (its about 40 but thats OK) After each 30/30/30 you do 10 burpees.

Wednesday

Time	Activity	Coaches
	400m jog/skip 2 x 30m loose skip w/arm swing 2x30 loose skip w/arm circles 2x30m side skip 1x30m back skip Lunge to hamstring x 20 Inchworm x10 Spiderman x 20 3 x 30m accel @ 75% 2 x 30m carioca Front leg swing x20 Side leg swing x20 2 x 30m backward run 2 x 15m A Skip 2 x 15m A Run 2 x 30m (el) Fast Leg 3 x 30m accel 80-90%	
	Sprinters - 6 x 50m (blocks) Middies - 6 x 50m, 1 x 80 (blocks) 4 minute rest	
	Multi Jumps - 3 sets. Do each exercise for 30 seconds on with 30 seconds rest. Repeat whole workout 3 times. https://www.youtube.com/watch?v=Bowx2LLJM98	
	Flex Circuit Knee to chest https://www.youtube.com/watch?v=9hVZ4rc2_3Y Cross Knee to chest Quad Stretch (touch knees) https://www.youtube.com/watch?v=Cq8H10iINM0 Quad Stretch w knee lift Shakeout Backwards SLDL https://www.youtube.com/watch?v=qxpd41KqDKU Back Lunge w/ Reach/ https://www.youtube.com/watch?v=Lvqm1kmYb6k Hamstring/ BL w/ Reach https://www.youtube.com/watch?v=eKAtx-Nrq8Y	

Thursday

Time	Activity	Coaches
	Jog 400m Skip 400m Static Stretch 5-10 minutes Jog 100 - lunge to hamstring x 10 total skip 50 - fire hydrant x 15 each leg Jog 100 - mountain climbers x 30 skip 50 - trail leg x 15 each leg Jog 100 - crunches x 30 skip 50 - front and side leg swing x 10 each leg Jog 100 - bicycles x 30 Skip 100 - superman x 30 jog 100 - up and back x 15 each leg Jog 200 skip 100 - iron cross x 10 each leg Jog 50 - scorpion x 10 each leg skip100 - inchworm x 10 Jog 50 - pushups x 10	
	Sprinters - 10 x 100 @ 70% (with 1 minute rest) about 17 second 100 meter runs Middies - 300, 250, 250 @ Goal Pace (full recovery) Take your 400 goal time and divide by 4. Multiply by 3 for 300 time and 2.5 for 250 time.	
	AB Set https://www.youtube.com/watch?v=3p8EBPVZ2lw	
	20 minute strength workout https://www.youtube.com/watch?v=oAPCPjnU1wA	

Friday

Time	Activity	Coaches
	<p>400m jog/skip 2 x 30m loose skip w/arm swing 2x30 loose skip w/arm circles 2x30m side skip 1x30m back skip Lunge to hamstring x 20 Inchworm x10 Spiderman x 20 3 x 30m accel @ 75% 2 x 30m carioca Front leg swing x20 Side leg swing x20 2 x 30m backward run 2 x 15m A March 2 x 15m A Skip 2 x 15m A Run 4 x 30m accel 80-90%</p> <p>Speed ladders, pick 10 exercises. Can just use lines on ground or in a parking lot, tape floor, or use chalk on driveway to create ladder.</p> <p>https://www.youtube.com/watch?v=ilCTuTZC.JyM&t=105s</p>	
	<p>Sprinters - 6 x fly 30 (20m accel) 5-6' recovery. Accelerate for 20 meters and run at top speed for 30 meters after that. Hold form (float phase)</p> <p>middies - 3 mile jog</p>	
	<p>Strength Workout</p> <p>https://www.youtube.com/watch?v=6x87yG1njU0</p>	

Saturday

Time	Activity	Coaches
	400m jog/skip 2 x 30m loose skip w/arm swing 2x30 loose skip w/arm circles 2x30m side skip 1x30m back skip Lunge to hamstring x 20 Inchworm x10 Spiderman x 20 3 x 30m accel @ 75% 2 x 30m carioca Front leg swing x20 Side leg swing x20 2 x 30m backward run 2 x 15m A March 2 x 15m A Skip 2 x 15m A Run 4 x 30m accel 80-90%	
	4 Jump Runs 20 seconds on/40 seconds off jump 4x 15 meter drill 1 min run 2 min recovery Here are the jumps and drills to do Set 1 Rocket Jump/high knees Set 2 Tuck jump/A skip Set 3 Lunge Jump/dbl. alternate fast leg Set 4 Star jump/carioca	
	Ab Set: https://www.youtube.com/watch?v=3p8EBPVZ2lw	