

## **Week 3 March 23rd**

## **Form Drills for all 30M**

Skip with arm circles forward

Skip arm circles backwards

Skip with hugs

Skip backwards

Sideways jacks with arm swings

Leg swings to the side at the fence-be up on the toe of the leg on the ground

Leg swings forward and back-be up on the toe of the leg on the ground

Grapevine

Sprinters/Hurdlers/Jumpers/Any distance that jump

### **Daily (6 days a week)**

**Specific drills:** All 30M

**-Walk A step:** Remember toe-up/knee-up/step over the opposite knee without breaking at the hips.

#### **-Skip the A-Step**

**-Butt kick:** Heels to butt/gluts...make sure to come down almost in the same place.

**-Fast-leg:** Same as A-Step except you are stepping over the opposite mid-calf (not as high as the knee). Remember to bring the foot down almost in the same place.

**Series:** Fast leg R leg only x 20M

Fast leg L leg only x 20M

Alternate: R step-step L step-step R step-step L step-step etc

Fast leg 3 R / step-step/ 3 L step-step etc

**-Dead Leg Drill:** If you have cones at home. A reminder this drill has the up leg going over the cones and the down leg-keeping a peg-leg position slightly behind.

**-Wicket Drills:** Pretend you have wickets (little hurdles) you are going over. Think how you felt doing them on the track. Go about 10 to 15 seconds x 2

## **400 Work-out**

**Monday:-** 10 minute jog

- Drills above

- Distance day-mileage. If you are more sprinter/jumper oriented do an easy jog day

**Tuesday:** 10 minute warm-up

-Drills above

2 x 8 x 200 at 75(1' / 3'). This means you will do a 200 at 75% then a minute rest...do this 8 times. Then take a 3 minute break and repeat.

-10 minute cool-down

## **400 Work-out**

**Wednesday:** As Monday

**Thursday:** 10 minute warm-up

-Drills above

-7-10 x 25M-100% 3' This means go 25M all out from 3 point start position.

Remember the big arm split. The 3' rest. You get the long rest so you work hard for the 25M. Do this 7 to 10 times

**Friday:** As Monday

**Saturday:** Drills above then mile warm-up then- 6 x 300 @ 80% of your 400 time. Rest

between each is 5 minutes then 2-mile cool down

If I get a 400 time from you I can work this out...if not use your internal pacing calculator-figure 20% less effort than full out running.