

## 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

## Sprinters Work-out

**Monday: 6-8 x 25M** from various ground positions. This means get down into the below listed positions and find your way quickly to a 3-point start position then go for 25M all out. Remember the focus of this is a big arm split. Following this you will do **7 x 100 @ 70%**.

**Your rest is the walk back.** Find a place you can measure out 100M

A. Positions to get in for above drill

-Start in push-up position

-Lay on back-roll to front and go

-forward roll and go

## Continued Sprinters Work-out

**Tuesday:** Drills above: Find a steeper hill about 60M. Get in a 3-point start position-work hard going up the hill-remember to show that big arm split...jog down. Your total rest from top to bottom should be 2 minutes.

**Wednesday:** Drills above- go to the TJ/LJ/HJ page

**Thursday:** Drills above. Measure out 200M or figure a time of about 45 seconds.

Do 5-7 x 200 at 70% Rest is 1:30 from end to start.

**then** 4 x 55M at full speed with 3 minute rest between

Cool down run about 10'

**Friday:** Drills above- go to the TJ/LJ/HJ page

**Saturday:** Drills above then 1 x 400 then 1 x 300 then 1 x 200 at 100% with a 10 minute rest between each. If you can't measure out distances.

An estimate of 400 would be 74 to 80

300 around 56-60

200: half your 400 time