

## Week 2 March 16th

## 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:** Drills above **then** 15 minute jog **then**

-if you can get to a track, or measure out 400m on the road- do a timed 400 and let me know your time. Rest 15 minutes and repeat. **Then** mile cool-down

-if you can't do this then run 75 seconds hard. Rest 15 minutes and repeat. **Then** mile cool-down

**Tuesday:** Go to the distance work-outs if you are distance oriented. If you are more sprinter/jumper oriented do an easy day

## 400 Work-out

**Wednesday:** 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.

**Thursday:** As Tuesday

**Friday:** Drills above **then** mile warm-up **then** 6 x 200M hills.....so find a steeper hill you can run up about 40 seconds. **Then** 2-mile cooldown

**Saturday:** As Tuesday