

Week 4 March 30th

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: Drills above and 8 minute jog. 8 x 35 meters-all out. Rest 3' between
Cool-down 8 minutes

Do full core work-out

Tuesday: Drills above and 8 minute jog

- go to the TJ/LJ/HJ page

-Core

Continued Sprinters Work-out

Wednesday: Drills above and 8 minute jog.

8 x 200 at 75%-Rest 2 minutes. Since we haven't timed yet if you think of 1-5...one being easy and 5 all out-you want to be around a 4
-Cool down 8 minutes

Thursday: Drills above and 8 minute jog.

- go to the TJ/LJ/HJ page
-Core

Friday: Drills above and 8 minute jog.

4-5 x(30/30/30). This means run 30m all out, immediately jog back 30m then immediately run 30 minutes. Rest 5 minutes then repeat 4 to 5 times

Saturday:

- Drills above and jog 8 minutes
- go to the TJ/LJ/HJ page
-Core