

**Week 6 April 13th**

**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

## **Continued 400 Work-Out**

I am giving you 3 work-outs this week. Two of these are going to be on the 800 side and one on the 400 time. The other days you should be working on.

-Mileage    -Daily drills    -Core    -field events

### **1. Work-out one: Warm-up drills and 10 minute jog with 4 strides**

**Threshold.**

-**Timed 400**-all out rest 15 minutes then

**6 x 200** at 400 speed. If you ran your timed 400 at 72 seconds (1:12) you would then run your 200's at 36 seconds with 1:30 rest between

### **2. -Work-out two: Warm-up drills and 10 minute jog with 4 strides.**

-**Timed 800**-all out Rest 15-20 minutes then

**4 x 400** based on 800 time. Rest 5-7 minutes between

### **3. Work-out three: Warm-up drills and 10 minute jog with 4 strides.**

- **4 x 50 meters all out** on the turn if you get to the track. Rest 4 minutes between each