

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

400 Work-out I can't give you a time as I don't have a base to go from.

If 1 is easy and 5 is all out this work-out would be at a 4.5

If you have a stopwatch-after you run your 600-you could figure out the rest

Monday:- 10 minute jog

- Drills above

- 1 x 600 at 90% rest 15 minutes

-3 x 300 at 90% with 8' between. This means 8 minute rest between

-3 x 150 at 90% with 3' between

-Cooldown jog 10 minutes

400 work-out continued

Tuesday: 10 minute warm-up

- Drills above
- Mileage...around 3
- Core

Wednesday:

- 10 minute jog
- Drills above
- 8 x 100 meters at 80% Rest' 90 seconds
- Cooldown jog 10 minutes

Thursday:

- 10 minute warm-up
- Drills above
- Mileage...around 3
- Core

Friday:

- 10 minute jog
- Drills above
- 3 to 4 x 50m 5' rest. All out
- Cooldown jog 10 minutes

Saturday:

- 10 minute warm-up
- Drills above
- Mileage...around 3
- Core