

## **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