

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

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. 4min Threshold with 30 sec easy jog...then 4 min Threshold with 3 minutes off. Repeat 2 times. **Cool-down 10 minutes and 4 strides.**

Pace: Since I do not have accurate times-Threshold is a pace you could say one sentence then be out of breath. Test yourself-say I can't wait until track starts again (you should be out of breath on the last word)...that is the threshold pace. Keep it for the time suggested.

-If you have the ability to do this where there is a flat and a **slight hill** you can do the low and high. If you can only do this on a flat then you will not worry about the low and high.

Example: Threshold 4 mins on flat (30 second jog) then 4 mins on the slight hill...keeping the same pace. You can go out and back 2 minutes so you are at the hill. If you think of riding a bike keeping a steady cadence of 90 on the flat...you now want to keep that same cadence on the slight hill. You may not be able to go as far, but the work-out is harder.

1. Work-out two: Warm-up drills and 10 minute jog with 4 strides. If you can't measure out the distance-judge the time you think it would check.

You can figure this out with the chart I gave you.

- 600 90% of full with 1k jog
- then 2 x 400 90% of full with 400 jog
- then 200 90% of full w/200 jog
- then 10 min cooldown

2. 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

