

Week 6 April 12th

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. 1 x 150 meters (85%) jog back to start the immediately go 30 m (95%). Rest 5 minutes. D this 6 times

4-6 x 30 meters x 95%

- 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.

- 7 x 40 meter all out with 1 minute rest
- add in some plyo drills if you know them.
- 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.

6 x Fly 20 with 25m acceleration zone. Rest 4 min

-This means you would be coming out of blocks (3-point start) for 25 meters then go 20 more meters of max velocity (step over- drop down/ A-run) then decelerate(gradually slow down) 20 meters.

Some of you won't understand all of the terminology as you are new.

Jog 8 minute cool down.

Saturday:

- 4 x 2 x 60meters Rest 3'/8'

This means runs 60 m all out rest 3' then run 60 m

Rest 8 minutes

Repeat 4 times