

Week 1 (2/10-2/16)

Sunday (Day 1) 2/10/19 (UCSD)	Day 2	Day 3	Day 4
<p><u>Everyone (sprinters bring blocks if you have them)</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Plank Circuit - reaction drill on stairs -5x single step contact up stairs -5x skip a step contact up stairs 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each leg) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
<p><u>100-200/Hurdlers/Jumpers</u></p> <p>Block Starts: **hurdles can use hurdles**</p> <ul style="list-style-type: none"> -4x40m; rest = 2-3 min in between -4x60m; rest = 3-4 min in between <p>- 4x200m strides; rest = walk 200m</p>	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 4-5x120m; rest = 4 mins **focus on accelerating out, keeping knees up, front side, arms going up and back, striking the ground underneath the hips with the ball of the foot** 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 6x90 meter dribbles on grass-30m dribble over ankle, 30m dribble over calf, 30m dribble over knee **focus on high frequency in place and not how fast you can get to the finish** -1x200 @ 90% 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - Hills: 6x100m or 25 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**
<p><u>200-400 Runners</u></p> <p>Block Starts:</p> <ul style="list-style-type: none"> -4x40m; rest = 2-3 min in between -4x60m; rest = 3-4 min in between <p>- 1-2x2x300m; rest = 3min/5min (at 40-43 second pace)</p>	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 2x400 meters "the hard way" **start at starting line run 100 meters at 85% effort, and then walk back 50 meters and repeat until you complete the 400** 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 6x90 meter dribbles on grass-30m dribble over ankle, 30m dribble over calf, 30m dribble over knee **focus on high frequency in place and not how fast you can get to the finish** - 2x200 @ 90%; rest = 8 min in between 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - Hills: 7x150m or 30 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**
<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 4x600 at mile pace; rest = walk/jog back to starting line 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - Go on a 30 minute tempo run **run at a pace you can keep the hold time** 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 1200m, 600m, 300m, 150m; rest = 3 mins between reps (run faster each distance down the ladder) 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - Hills: 8x150m or 30 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**
<p><u>Jumpers/ Multis (bring rake)</u></p> <ul style="list-style-type: none"> - 100/200m workout first, then long jump and/or high jump technique 		<p><u>Jumpers/ Multis</u></p> <ul style="list-style-type: none"> - Jump day; and If you do multiple field events or hurdles pick one to practice the one you didnt do and then do the 100-200m workout 	
<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance - Core circuit 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each

Week 2 (2/17-2/23)

Sunday (Day 1) 2/17//19 (UCHS)	Day 2	Day 3	Day 4
<p><u>Everyone</u> - Two laps - Dynamic warm-up - General Strenght: Glute Circuit (10 each exercise) - General Strength: Push-Up Series (5-10 each exercise)</p>	<p><u>Everyone</u> - Two laps - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each leg)</p>	<p><u>Everyone</u> - Two laps - Dynamic warm-up - General Strenght: Push-Up Series (5-10 each exercise)</p>	<p><u>Everyone</u> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)</p>
<p><u>100-200/Hurdlers</u> - 5x30m Exchange Exercise **working on posture, balance, and foot strike** - 8x wicket runs - 8x100m; rest = 1min</p>	<p><u>100-200/Hurdlers/Jumpers</u> - 4-5x120m; rest = 4 mins **focus on accelerating out, keeping knees up, front side, arms going up and back, striking the ground underneath the hips with the ball of the foot**</p>	<p><u>100-200/Hurdlers/Jumpers</u> - 4x40m (block) starts; rest = 3 min in between - 4x80m (block) starts; rest = 6 min in between -1x200 @ 90% (beat your time from last week)</p>	<p><u>100-200/Hurdlers/Jumpers</u> - Hills: 6x150m or 30 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**</p>
<p><u>200-400 Runners</u> - 5x30m Exchange Exercise **working on posture, balance, and foot strike** - 8x wicket runs - 10x100m; rest = 1min</p>	<p><u>200-400 Runners</u> - 2x400 meters "the hard way" **start at staring line run 100 meters at 85% effort, and then walk back 50 meters and repeat untill you complete the 400**</p>	<p><u>200-400 Runners</u> - 4x40m (block) starts on curve; rest = 3 min in between - 3x300 @ 80%; rest = 8 min in between</p>	<p><u>200-400 Runners</u> - Hills: 7x150m or 30 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**</p>
<p><u>400, 800, 1500 Runners</u> - 5x30m Exchange Exercise **working on posture, balance, and foot strike** - 8x wicket runs - 12x100m; rest = 1min</p>	<p><u>400, 800, 1500 Runners</u> Broken 500's- 3x300, 200; rest = 3 mins between sets, 8 mins between reps @ 80%</p>	<p><u>400, 800, 1500 Runners</u> - Fartlek Run- 21 min (2 minutes easy, 1 min fast) **you'll run 7 times fast**</p>	<p><u>400, 800, 1500 Runners</u> - Hills: 8x150m or 30 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**</p>
<p><u>Jumpers/ Multis (bring rake)</u> - 5x30m continous take off drill - 8x wicket runs - high and/or long jump tech - 6x100m; rest = 1min</p>		<p><u>Jumpers/ Multis</u> - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) - Jump day; If you do multiple field events or hurdles pick one to practice</p>	
<p><u>Everyone- (cool down)</u> - Walk 1 lap - Stretch - Core circuit</p>	<p><u>Everyone- (cool down)</u> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg</p>	<p><u>Everyone- (cool down)</u> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 25 of each</p>	<p><u>Everyone- (cool down)</u> - Walk 1 lap - Stretch - Balance #1</p>

Week 3 (2/24-3/2)

Sunday (Day 1) 2/24/19 (UCSD)	Day 2	Day 3	Day 4
<p><u>Everyone (sprinters bring blocks if you have them)</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Hipflexor Circuit - reaction drill on stairs -5x single step contact up stairs -5x skip a step contact up stairs 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each leg) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - Block Tech **hurdlers can use hurdles** - 4x20m; rest = 2-4 min in between - 3x40m - 2x60m - 1x80m <p>- 3x150m (form run); rest = walk 50m</p>	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 400 meters "the hard way" **start at starting line run 100 meters at 85% effort, and then walk back 50 meters and repeat until you complete the 400** 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - Block Tech - 5x10m; rest = 1 min in between - 4x30m; rest = 2 min in between - 3x40m; rest = 3 min in between <p>- 2x200 @ 90%; rest = 8 min in between</p>	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 8x100m; rest = 1 min
<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - Block Tech **hurdlers can use hurdles** - 4x20m; rest = 2-4 min in between - 3x40m - 2x60m - 1x80m <p>- 3x150m (form run); rest = walk 50m</p>	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 4x400 form run the straights, jog the curves **focus on keeping knees up, front side, arms going up and back, striking the ground underneath the hips with the ball of the foot** 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - Block Tech on 200m start line - 4x10m; rest = 1 min in between - 2x30m; rest = 2 min in between - 2x40m; rest = 3 min in between **make sure you are keeping your head down the whole acceleration** <p>- 4x200m; rest = 5min at 85%</p>	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 10x100m; rest = 1 min
<p><u>400, 800, 1500 Runners</u></p> <p>**may join the sprinters in block tech before workout**</p> <ul style="list-style-type: none"> - 2x1 mile at 85%; rest = 8 mins in between -3x50m sprint; rest = 3 minutes in between (if didnt do block starts) 	<p><u>400, 800, 1500 Runners</u></p> <p>Broken 500's- 3x300, 200; rest = 3 mins between sets, 8 mins between reps @ 85%</p>	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - Go on a 30 minute tempo run **run at a pace you can keep the hold time** 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> -12x100m; rest = 1 min
<p><u>Jumpers/ Multis (bring rake)</u></p> <ul style="list-style-type: none"> - long and/or high jump tech after sprints or in replace of sprints 		<p><u>Jumpers/ Multis</u></p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout 	
<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance - Core circuit 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 30 of each 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance #2

Week 4 (3/3-3/9) Recovery Week

Sunday (Day 1) 3/3/19 (UCHS)	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise) - General Strength: Push-Up Series (5-10 each exercise) - Exchange Exercise **working on posture, balance, and foot strike** <p>- 8x wicket runs</p>	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each leg) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
<p>100-200/Hurdlers</p> <ul style="list-style-type: none"> - 6x150m; rest = walk back 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 8x100 meter form runs on grass Recovery = walk back to start 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 6x60 starts on straight or curve (block start or standing start) Rest = 3-5 minutes in between **focus on acceleration phase, transition phase, and being up tall** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
<p>200-400 Runners</p> <ul style="list-style-type: none"> - 6x200m; rest = walk back 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 8x100 meter form runs on grass Recovery = walk back to start 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 6x60 starts on curve (block start or standing start) Rest = 3-5 minutes inbetween **200/400 meter race practice starts** Accelerate for 40 meters and then stay in the curve** 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 1200m, 600m, 300m, 150m; rest = 3 mins between reps (run faster each distance down the ladder) 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Go on a 30 minute easy run 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 8x200; rest = walk 200 at mile pace **run consistant times** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - long and/or high jump tech <p>-3x150m; rest = walk back</p>		<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout 	
<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Hurdle Mobility - Core circuit 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance #1