Week 1 (3/10-3/16)			
Sunday- Day 1, 3/10/19 (UCSD)	**Day 2**	**Day 3**	**Day 4**
Everyone (sprinters bring blocks if you have them) - One lap - Dynamic warm-up - General Strength: Plank Circuit - Plyometrics: Bound Series- 1x20 meters each exercise (on grass)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each leg)	**Everyone** - Two laps - Dynamic warm-up - General Strenght: Push-Up Series (5-10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
100-200/Hurdlers/Jumpers Block Starts: **hurdlers can use hurdles** -2x20m; rest = 2-3 min in between -3x60m; rest = 3-4 min in between - 3x 150; rest = 8 min	**100-200/Hurdlers/Jumpers** - 8 x 100m; rest = 1 min **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**	**100-200/Hurdlers/Jumpers** - 6x100 meter dribbles on grass- 33m dribble over ankle, 33m dribble over calf, 33m dribble over knee **focus on high frequency in place and not how fast you can get to the finish** -1x200 @ 90%	**100-200/Hurdlers/Jumpers** - 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**
200-400 Runners Block Starts (on curve): -2x40m (from block); rest = 2-3 min in between -2x40m (from 40m) -2x40m (from 80m) - 1x350, 250, 150; rest = 8 min	**200-400 Runners** - 10 x 100m; rest = 1 min **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**	**200-400 Runners** - 6x100 meter dribbles on grass- 33m dribble over ankle, 33m dribble over calf, 33m 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	**200-400 Runners** - 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**
400, 800, 1500 Runners - 6-8x400m; rest = 2-3 min	**400, 800, 1500 Runners** - 1200m, 600m, 300m, 150m; rest = 3 mins between reps (run faster each distance down the ladder)	**400, 800, 1500 Runners** - Go on a 30- 45 minute tempo run **run at a pace you can keep the hold time**	**400, 800, 1500 Runners** - Hills: 8x 200m or 40 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 40 sec or try and hit the same time if you are running 200m**
Jumpers/ Multis (bring rake) - Long jump tech **can decide if you want to do 100/200m workout before or afer jump tech**		**Jumpers/ Multis** - 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	
Everyone- (cool down) - Walk 1 lap - Stretch - Balance - Core circuit	**Everyone- (cool down)** - Walk 1 lap - Stretch - General Strength: Glute Circuit- 10 each leg	**Everyone- (cool down)** - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each	**Everyone- (cool down)** - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each

Week 2 (3/17-3/23)			
Sunday, Day 1, 3/17//19 (UCSD)	**Day 2**	**Day 3**	**Day 4**
Everyone - One lap - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each exercise) - General Strength: Push-Up Series (5-10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Plank Circuit (10 each leg)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
100-200/Hurdlers - 4 x 80m sprint/float/sprint; rest = 3 min -100,120,140,160,180,200; rest = walk back to the next rep	**100-200/Hurdlers/Jumpers** - 4-5x150m @75%; rest = 5 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**	**100-200/Hurdlers/Jumpers** - 3x30m (block) starts; rest = 3 min in beween - 3x90m (block) starts; rest = 6 min in between -1x250 @ 90% (beat your time from last week)	**100-200/Hurdlers/Jumpers** - 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**
200-400 Runners - 4 x 80m sprint/float/sprint; rest = 3 min -100,120,140,160,180,200; rest = walk back to the next rep	**200-400 Runners** - 12 x 100m; rest = 1 min **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**	**200-400 Runners** - 4x60m (block) starts on curve; rest = 3 min in between - 250, 150, 50, 150; rest = 5 min in between reps @ 90%	**200-400 Runners** - 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**
400, 800, 1500 Runners - 4 x 80m sprint/float/sprint; rest = 3 min -100,120,140,160,180,200; rest = jog back around the track to the next rep	**400, 800, 1500 Runners** Broken 500's- 3x300, 200; rest = 2 mins between sets, 8 mins between reps @ 90%	**400, 800, 1500 Runners** - Fartlek Run- 24 min (2 minutes easy, 1 min fast) **you'll run 7 times fast**	**400, 800, 1500 Runners** - Hills: 8x200m or 40 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 40 sec or try and hit the same time if you are running 200m**
Jumpers/ Multis - High jump tech +Circle Runs **can decide if you want to do workout before or afer jump tech**		**Jumpers/ Multis** - Plyometrics: Bound Series-1x20 meters each exercise (on grass) - Jump day; If you do multiple field events or hurdles pick one to practice	
Everyone- (cool down) - Walk 1 lap - Stretch - Core circuit	**Everyone- (cool down)** - Walk 1 lap - Stretch	**Everyone- (cool down)** - Walk 1 lap - Stretch - Core- pick 6 exercises and do 25 of each	**Everyone- (cool down)** - Walk 1 lap - Stretch - Balance #1

Week 3 (3/24- 3/30)			
Sunday- Day 1, 3/24//19 (UCSD)	**Day 2**	**Day 3**	**Day 4**
Everyone (sprinters bring blocks if you have them) - One lap - Dynamic warm-up - General Strength: Plank Circuit - Agility Ladder	**Everyone** - Two laps - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each leg)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
100-200/Hurdlers/Jumpers - Block Tech **hurdlers can use hurdles** - 2x20m; rest = 2-4 min in between - 2x40m - 1x60m - 1x80m - 3x150m (form run); rest = walk 50m	**100-200/Hurdlers/Jumpers** - 400 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**	**100-200/Hurdlers/Jumpers** - Block Tech - 5x10m; rest = 1 min in between - 4x30m; rest = 2 min in between - 3x40m; rest = 3 min in between - 2x200 @ 90%; rest = 8 min in between	**100-200/Hurdlers/Jumpers** - 8x100m; rest = 1 min
200-400 Runners Block Starts (on curve): -2x40m (from block); rest = 2-3 min in between -2x40m (from 40m) -2x40m (from 80m) - 3x150m (form run); rest = walk 50m	**200-400 Runners** - 14 x 100m; rest = 1 min **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**	**200-400 Runners** - 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 you head down ithe whole acceleration** - 4x200m; rest = 5min at 85%	**200-400 Runners** - 4x400m; form run the straights, jog the curves
400, 800, 1500 Runners **may join the sprinters in block tech before workout** - 4x800; rest = 5 min - 3x50m sprint; rest = 3 minutes in between (if didnt do block starts)	**400, 800, 1500 Runners** Broken 500's- 3x300, 200; rest = 2 mins between sets, 8 mins between reps @ 85%	**400, 800, 1500 Runners** - Go on a 30-45 minute tempo run	**400, 800, 1500 Runners** -15x100m; rest = 1 min
Jumpers/ Multis (bring rake) - long jump tech after sprints		**Jumpers/ Multis** - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout	
Everyone- (cool down) - Walk 1 lap - Stretch - Balance - Core circuit	**Everyone- (cool down)** - Walk 1 lap - Stretch- General Strength: Plank Circuit- 10 each leg	**Everyone- (cool down)** - Walk 1 lap - Stretch - Core- pick 6 exercises and do 30 of each	**Everyone- (cool down)** - Walk 1 lap - Stretch - Balance #2

Week 4 (3/31 - 4/6) Recovery Week			
Sunday- Day 1, 3/31/19 (UCSD)	**Day 2**	**Day 3**	**Day 4**
Everyone - One lap - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise) - General Strength: Push-Up Series (5-10 each exercise) - Agility Ladder	**Everyone** - Two laps - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each leg)	**Everyone** - Two laps - Dynamic warm-up - General Strenght: Push-Up Series (5-10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
100-200/Hurdlers - 4x80m sprint/float/sprint - 2x3x200m; rest = 2 min/ 10 min between sets	**100-200/Hurdlers/Jumpers** - 8x100 meter form runs on grass Recovery = walk back to start	**100-200/Hurdlers/Jumpers** - 6x60 starts on straight or curve (block start or standing start) Rest = 3-5 minutes in between **focus on acceleration fase, transistion fase, and being up tall**	**100-200/Hurdlers/Jumpers** - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
200-400 Runners - 4x80m sprint/float/sprint - 2x3x200m; rest = 2 min/ 10 min between sets	**200-400 Runners** - 8x100 meter form runs on grass Recovery = walk back to start	**200-400 Runners** - 6x60 starts on curve (block start or standing start) Rest = 3-5 minutes inbetween **200/400 meter race practice starts** Accererate for 40 meters and then stay in the curve**	**200-400 Runners** - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
400, 800, 1500 Runners - 4x80m sprint/float/sprint . - 2x1 mile at 85%; rest = 8 mins in between	**400, 800, 1500 Runners** - Go on a 30 minute easy run	**400, 800, 1500 Runners** - 8x200; rest = walk 200 at mile pace **run consistant times**	**400, 800, 1500 Runners** - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
Jumpers/ Multis - High jump tech -3x200m; rest = 3 min		**Jumpers/ Multis** - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout	
Everyone- (cool down) - Walk 1 lap - Hurdle Mobility - Core circuit	**Everyone- (cool down)** - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg	**Everyone- (cool down)** - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each	**Everyone- (cool down)** - Walk 1 lap - Stretch - Balance #1