

Week 1 (4/7-4/13)

Sunday- Day 1, 4/7/19 (UCHS)	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up - General Strength: Plank Circuit - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) - Form march on fence - 5xWicket runs 	<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/Jumpers</p> <p>Block Starts: **hurdlers can use hurdles**</p> <ul style="list-style-type: none"> -2x30m; rest = 2-3 min in between -3x60m; rest = 3-4 min in between <p>- 4x120 ; rest = 5-8 min</p>	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 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** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 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 = 8min in between 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 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>200-400 Runners</p> <p>Block Starts (on curve):</p> <ul style="list-style-type: none"> -2x40m; rest = 2-3 min in between -2x60m; rest = 3-4 min in between <p>- 1x400,300,200,100 = 5 min</p>	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 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** 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 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 	<p>200-400 Runners</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>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 4x600m; rest = walk/jog 200m **can do block starts before** 	<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- 45 minute tempo run **run at a pace you can keep the hold time** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> -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**
<p>Jumpers/ Multis (bring rake)</p> <ul style="list-style-type: none"> - High Jump Tech **before 100-200 workout** 		<p>Jumpers/ Multis</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>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance - Core circuit 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Glute 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 - Core- pick 6 exercises and do 20 of each

Week 2 (4/14-4/20)

Sunday, Day 1, 4/14/19 (UCSD)	Day 2	Day 3	Day 4
<p><u>Everyone (bring blocks if you have them)</u></p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each exercise) - General Strength: Push-Up Series (5-10 each exercise) - 5x Hurdle Hops 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: Plank Circuit (10 each leg) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: 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</u></p> <ul style="list-style-type: none"> - 1x20m - 5x50m; Rest = 3-4 min in between - 2x100/200; rest = 2 min/8-10min 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 5x120m @75%; rest = 6 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"> - 3x30m (block) starts; rest = 3 min in between - 3x90m (block) starts; rest = 6 min in between, -2x200 @ 90%; rest = 8min in between 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 8x100m; 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**
<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 1x20m - 5x50m; Rest = 3-4 min in between - 2x 200/400; rest = 2 min/8-10min 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 1x300,200,100, 100 = 5 min in between 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 4x60m (block) starts on curve; rest = 3 min in between - 4x150m (form run); rest = walk 50 m 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 10x100m; 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**
<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 1x20m - 5x50m; Rest = 3-4 min in between - 2x 200/400/100; rest = 2 min/8-10min 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 4x600m; rest = walk/jog 200m_ **run faster than last time** 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - Fartlek Run- 24 min (2 minutes easy, 1 min fast) **you'll run 7 times fast** 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 12x100m; 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**
<p><u>Jumpers/ Multis (bring rake)</u></p> <ul style="list-style-type: none"> - Long Jump Tech **before 100-200 workout** 		<p><u>Jumpers/ Multis</u></p> <ul style="list-style-type: none"> - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) - Jump day; If you do multiple field events or hurdles pick one to practice 	
<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Hurdle Mobility - Core circuit 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 25 of each 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance #1

Week 3 (4/21- 4/27)

EASTER Sunday- Day 1, 4/21/19 (UCSD)	Day 2	Day 3	Day 4
<p><u>Everyone (bring blocks if you have them)</u></p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up - General Strength: Plank Circuit - Agility Ladder 	<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 **hurdles can use hurdles**. - 2x20m; rest = 2-4 min in between - 2x40m - 1x60m - 1x80m - 4x150m (form run); rest = walk 50m 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 5x120m @85%; rest = 6 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"> - 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 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 8x100m; 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**
<p><u>200-400 Runners</u></p> <p>Block Starts (on curve):</p> <ul style="list-style-type: none"> -2x40m (from block); rest = 2-3 min in between -4x80m (from middle of the curve to the straight); rest = 4-5 min in between - 4x150m (form run); rest = walk 50m 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 1x300,200,100, 100 = 5 min in between 	<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 you head down ithe whole acceleration** - 4x200m; rest = 5min at 85% 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 10x100m; 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**
<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"> - 4x800; rest = 5 min 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - Go on a 30-45 minute tempo run 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 4x600m; rest = walk/jog 200m **run faster than last time** 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> -15x100m; rest = 1 min
<p><u>Jumpers/ Multis (bring rake)</u></p> <ul style="list-style-type: none"> - long jump tech after 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 (4/28 - 5/4) Recovery Week

Day 1	Day 2- Wednesday 5/1/19 5:00 (park)	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise) - 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: Hip Flexor Circuit (10 each leg) - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) - 5xWicket runs 	<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"> - 1x20m - 5x50m; Rest = 3-4 min in between - 2x100/200; rest = 2 min/8-10min 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 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>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 fase, transistion fase, 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"> - 1x20m - 5x50m; Rest = 3-4 min in between - 2x 200/400; rest = 2 min/8-10min 	<p>200-400 Runners</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>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** Accererate 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"> - 2x 200/400/100; rest = 2 min/8-10min 	<p>400, 800, 1500 Runners</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>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"> - 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"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout 		<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