Week 1 (6/30 - 7/6)			
Sunday- Day 1, 6/30/19 (UCHS)	Day 2	Day 3	Day 4
Everyone - One lap - Dynamic warm-up/ Lunges - General Strength: Glute Circuit (10 each exercise) - Hurdle Hops 5h x 5 Double Leg - Wicket Hops 8h x 3 Single Leg each Leg	**Everyone** - Two laps - Dynamic warm-up - General Strenght: Push-Up Series (5-10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each leg) - Plyometrics: Bound Series- 1x20 meters each exercise (on grass)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
100-200/Hurdlers/Jumpers - 3x Flying 30m (timed); rest = full recovery Block Starts: **hurdlers can use hurdles** -3x40m; rest = 3-4 min in between - 8x100m; rest = 1 min in between	**100-200/Hurdlers/Jumpers** - 6x200m (form run); rest = walk 200m **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** - 5-6x 90m Sprint(30m)/Float (30m)Sprint(30m); rest= 4-5 mins in between	**100-200/Hurdlers/Jumpers** - 15-20 min easy run on grass barefoot
200-400 Runners - 3x Flying 30m (timed); rest = full recovery Block Starts: - 3x40m; rest = 3-4 min in between - 10x100m; rest = 1 min in between	**200-400 Runners** - 8x200m (form run); rest = walk 200m **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** - 5-6x 90m Sprint(30m)/Float (30m)Sprint(30m); rest= 4-5 mins in between	**200-400 Runners** - 15-20 min easy run on grass barefoot
400, 800, 1500 Runners - 3x Flying 30m (timed); rest = full recovery Block Starts: - 3x40m; rest = 3-4 min in between - 10x100m; rest = 1 min in between	**400, 800, 1500 Runners** - Fartlek Run- 30 min (4 minutes easy, 2 min fast) **you'll run 5 times fast**	**400, 800, 1500 Runners** 2x (1 Mile @ (48 sec 200 pace= 6:24 mile), rest 90 sec, 200m (fast)); rest in beween sets = full recovery	**400, 800, 1500 Runners** - 8x200m easy form runs @ 45 sec pace; rest = walk 200m
Jumpers/ Multis - Jump Tech after sprints		**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 - Hurdle Mobility - Stretch - 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 - Core- pick 6 exercises and do 20 of each

Week 2 (7/7 - 7/13)			
Sunday, Day 1, 7/7/19	**Day 2**	**Day 3**	**Day 4**
Everyone (bring blocks if you have them) - One lap - Dynamic warm-up/ Lunges - Box Jumps, Drop Catches, Drop Catches w/ Rebound (5x each exercise), Drop Catch w/ Rebound into Single Leg Catch (3x each leg)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - Lunges (10 forward, 10 backwards, 10 diagonal, 10 cross-over) - General Strenght: Glute Circuit (10 each exercise)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Plank Circuit (10 each leg)
100-200/Hurdlers Block Tech: **hurdlers can use hurdles** - 3x 30m Block Starts - 5x 50m Wicket Run (solo) - 250; rest= full / 150 @ 100%	**100-200/Hurdlers/Jumpers** - 4 laps of sprint the straights, walk/ jog the curves **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** - Block Tech: - 5x10m; rest = 1 min in between - 4x30m; rest = 2 min in between - 3x40m; rest = 3 min in between **focus on keeping head down** - 2x150 @ 80%	**100-200/Hurdlers/Jumpers** - 6x100 easy form runs on grass barefoot
200-400 Runners Block Tech: - 3x 30m Block Starts - 5x 50m Wicket Run (solo) -4x 300m; rest = walk 100m **60sec pace**	**200-400 Runners** - 4 laps of sprint the curves, walk/ jog the straights **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** - 2x200m; rest = 5min at 85%	**200-400 Runners** - 6x100m easy form runs on grass barefoot
400, 800, 1500 Runners Block Tech: - 3x 30m Block Starts - 5x 50m Wicket Run (solo) -6x 300m; rest = walk 100m **60sec pace**	**400, 800, 1500 Runners** - Fartlek Run- 30 min (4 minutes easy, 2 min fast) **you'll run 5 times fast**	**400, 800, 1500 Runners** - 2x (1000m @ 3:55 (47 sec 200s); rest 2 min, 600m @ 2:06 (42 sec 200s)); rest = 8 mins between sets	**400, 800, 1500 Runners** - 15-20 min easy run on grass barefoot
Jumpers/ Multis - Jump Tech after sprints		**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 - General Strenght: Low Walks (20m) - 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

Week 3 (7/14 - 7/20)			
Sunday- Day 1, 7/14/19	**Day 2**	**Day 3**	**Day 4**
Everyone - One lap - Dynamic warm-up/ Lunges - 5x5h Hurdle Mobility	**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 - Lunges (10 forward, 10 backwards, 10 diagonal, 10 cross-over) - 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 - 4x150m @ 80%; rest = 5 min in between (last 20m over wickets)	**100-200/Hurdlers/Jumpers** - 4 laps of sprint the straights, walk/ jog the curves **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** - Block Tech - 5x10m; rest = 1 min in between - 4x30m; rest = 2 min in between - 3x40m; rest = 3 min in between - 1x200 @ 90%	**100-200/Hurdlers/Jumpers** - 15-20 min easy run on grass barefoot
200-400 Runners **can do 100m workout** Block Starts (on curve): -2x40m (from block); rest = 2-3 min in between -4x80m (from middle of the curve to the straight); rest = 4-5 min in between - 4x200m @ 80%; rest = walk across grass back to start	**200-400 Runners** - 4 laps of sprint the curves, walk/ jog the straights **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** - 2x200m; rest = 5min at 85%	**200-400 Runners** - 15-20 min easy run on grass barefoot
400, 800, 1500 Runners **block tech before workout** - 1000 (3:55/ 47 sec 200s) - 800 (3:00/ 45 sec 200s) - 600 (2:08/ 42.5 sec 200s) - 400 (1:20/ 40 sec 200s) - 200 (33- all out) Rest = walk 200m	**400, 800, 1500 Runners** - Go on a 30-45 minute tempo run	**400, 800, 1500 Runners** 2x (1 Mile @ (45 sec 200 pace= 6:00 mile), rest 1min, 200m (fast)); rest in bween sets = full recovery	**400, 800, 1500 Runners** - 8x100m easy form runs on grass barefoot
Jumpers/ Multis (bring rake) - 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) - 5x5h Hurdle Mobility - General Strength: Plank Circuit (10 each leg) - Core circuit 5x20 each exercise	**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

Week 4 (7/21-7/27) Recovery Week			
Sunday, Day 1, 7/21/19	**Day 2**	**Day 3**	**Day 4**
Everyone - One lap - Dynamic warm-up/ Lunges - General Srength:Push-Up Series (5-10 each exercise) - Box Jumps, Drop Catches, Drop Catches w/ Rebound (5x each exercise), Drop Catch w/ Rebound into Single Leg Catch (3x each leg)	**Everyone** - Two laps - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each leg) - Lunges (10 forward, 10 backwards, 10 diagonal, 10 cross-over)	**Everyone** - Two laps - Dynamic warm-up - Plyometrics: Bound Series- 1x20 meters each exercise (on grass)	**Everyone** - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
100-200/Hurdlers Block Starts: **hurdlers can use hurdles** -2x30m; rest = 2-3 min in between -3x50m; rest = 3-4 min in between - 180m, 160m, 140m, 120m @85%; rest = 6 mins	**100-200/Hurdlers/Jumpers** - 6x100m barefoot strides on grass	**100-200/Hurdlers/Jumpers** - 4-6x60 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 **can do 100m workout** Block Starts (on curve): -2x40m; rest = 2-3 min in between -2x80m; rest = 3-4 min in between - 1x 300m,200m,100m, 100m = 5 min in between	**200-400 Runners** - 6x100m barefoot strides on grass	**200-400 Runners** - 4-6x60 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 **can do block starts before** - 2x (1000m @ 3:55 (47 sec 200s); rest 2 min, 600m @ 2:06 (42 sec 200s)); rest = 8 mins between sets - 1x 200 "all out"	**400, 800, 1500 Runners** - 8x100m barefoot strides on grass	**400, 800, 1500 Runners** - Go on a 20-30 minute easy run	**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 - 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 - Low Walk Series - Core circuit 6x20 each exercise	**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 25 of each	**Everyone- (cool down)** - Walk 1 lap - Stretch