

Week 1 (7/28 - 8/3)

Sunday- Day 1, 7/28/19 (UCSD)	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up/ Lunges - General Strength: Glute Circuit (10 each exercise) - General Strength: Hip Flexor Circuit (10 each exercise) 	<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/ lunges - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: plank circuit (10 each exercise)
<p>100-200/Hurdlers/Jumpers</p> <p>Block Starts: **hurdlers can use hurdles**</p> <ul style="list-style-type: none"> - 3x40m; rest = 3-4 min in between - 2x80m; rest = 3-4 min in between <p>- 4x150 (form run); rest = walk 50m</p> <p>**start at top of curve**</p>	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 4x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** 	<p>100-200/Hurdlers/Jumpers</p> <p>Block Starts: **hurdlers can use hurdles**</p> <ul style="list-style-type: none"> - 3x30m; rest = 3-4 min in between - 2x60m; rest = 3-4 min in between <p>- 1x120 (all out)</p>	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 15-20 min easy run on grass barefoot or - 4-5 300m form run; rest = walk 100m
<p>200-400 Runners</p> <p>Block Starts: on curve</p> <ul style="list-style-type: none"> - 3x40m; rest = 3-4 min in between - 2x80m; rest = 3-4 min in between <p>- 6x150 (form run); rest = walk 50m</p> <p>**start at top of curve**</p>	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** 	<p>200-400 Runners</p> <p>Block Starts:</p> <ul style="list-style-type: none"> - 3x30m; rest = 3-4 min in between - 2x60m; rest = 3-4 min in between <p>- 1x250 @ 90%</p>	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 15-20 min easy run on grass barefoot or - 4-5 300m form run; rest = walk 100m
<p>Block Starts: on curve</p> <ul style="list-style-type: none"> - 3x40m; rest = 3-4 min in between - 2x80m; rest = 3-4 min in between <p>- 8x150 (form run); rest = walk 50m</p> <p>**start at top of curve**</p>	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> -5x 1000m; rest = walk 200m @ 80% (4 min pace) **can do on road or on track** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 4x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 4-5 mile long run
<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump t ech after sprints, then do the 100-200 runner's 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 and then do the 100-200m workout 	
<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Hurdle Mobility - 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 - 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 - Core- pick 6 exercises and do 20 of each

Week 2 (8/4 - 8/10)

Sunday, Day 1, 8/4/19 (UCSD)	Day 2	Day 3	Day 4
<p>Everyone (bring blocks if you have them)</p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up/ Lunges - General Strength: Glute Circuit (10 each exercise) - General Strength: Hip Flexor Circuit (10 each exercise) - Hurdle Hops 5h x 5 Double Leg - Wicket Hops 8h x 3 Single Leg 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/ lunges - General Strength: Glute Circuit (10 each exercise) - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Plank Circuit (10 each leg)
<p>100-200/Hurdlers</p> <ul style="list-style-type: none"> - Drills over wickets - 4-5x 50m Wicket Run (solo) - 2-3x 200m sprint/ float/ sprint 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 4x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** 	<p>100-200/Hurdlers/Jumpers</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 **focus on keeping head down** - 2x150 @ 80% 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 4-5 300m form run; rest = walk 100m
<p>200-400 Runners</p> <ul style="list-style-type: none"> - Drills over wickets - 4-5x 50m Wicket Run (solo) - 2-3x 200m sprint/ float/ sprint 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** 	<p>200-400 Runners</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** - 2x200m; rest = 5min at 85% 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4-5 300m form run; rest = walk 100m
<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Drills over wickets - 4-5x 50m Wicket Run (solo) - 3-4x 200m sprint/ float/ sprint 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Fartlek Run- 42min (5 minutes easy, 1 min fast) **you'll run 7 times fast** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 5x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 4-5 mile long run
<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump Tech after sprints 		<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice 	
<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - General Strength: Low Walks (20m) - Core circuit 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch 	<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

Week 3 (8/11 - 8/17)

Sunday- Day 1, 8/11/19 (UCSD)	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up/ Lunges - 5x5h Hurdle Mobility 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each leg) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up/ lunges - General Strenght: Push-Up Series (5-10 each exercise) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up/ Lunges - General Strength: Glute Circuit (10 each exercise)
<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - Block Tech: **hurdlers can use hurdles** - 2x40m; rest = 2-4 min in between - 2x80m; rest = 3-5 min in between **get faster after 20m, hot track from 60m-80m** - 100 Meter Circuit 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 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** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - Block Tech or Standing Starts on Grass - 5x10m; rest = 1 min in between - 4x30m; rest = 2 min in between - 3x40m; rest = 3 min in between - 1x200 @ 90% 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 15-20 min easy run on grass barefoot
<p>200-400 Runners</p> <ul style="list-style-type: none"> **can do 100m workout** Block Starts (on curve): -2x40m (from block); rest = 2-4 min in between **get faster after 20m** -2x80m (from middle of the curve to the straight); rest = 3-5 min in between - 100 Meter Circuit 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 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** 	<p>200-400 Runners</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 the whole acceleration** - 2x200m; rest = 5min at 85% 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 15-20 min easy run on grass barefoot
<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Block Tech: -2x40m; rest = 2-4 min in between - 2x80m; rest = 3-5 min in between **get faster after 20m, hot track from 60m-80m** - 100 Meter Circuit 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 4-5 mile long run 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> -5x 1000m; rest = walk 200m @ 80% (<4 min pace) **can do on road or on track** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Fartlek Run- 42min (5 minutes easy, 1 min fast) **you'll run 7 times fast**
<p>Jumpers/ Multis (bring rake)</p> <ul style="list-style-type: none"> - Jump Tech before sprints 		<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"> - 5x5h Hurdle Mobility - Core circuit 5x20 each exercise 	<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

Week 4 (8/18 - 8/24) Recovery Week

Sunday, Day 1, 8/18/19	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - One lap - Dynamic warm-up/ Lunges - General Strength: 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) 	<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 - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) 	<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> <p>Block Starts: **hurdlers can use hurdles**</p> <ul style="list-style-type: none"> -2x30m; rest = 2-3 min in between -3x50m; rest = 3-4 min in between <p>- 180m, 160m, 140m, 120m @85%; rest = 6 mins</p>	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 4x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** can do barefoot 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 4-6x60 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 **can do 100m workout**</p> <p>Block Starts (on curve):</p> <ul style="list-style-type: none"> -2x40m; rest = 2-3 min in between -2x80m; rest = 3-4 min in between <p>- 1x 300m,200m,100m, 100m = 5 min in between</p>	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** can do barefoot 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4-6x60 starts on curve (block start or standing start) Rest = 3-5 minutes inbetween **200/400 meter race practice starts** Accerate 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> <p>**can do block starts before**</p> <ul style="list-style-type: none"> - 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 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 5x X's on grass (sprint the diagonals, walk the widths) **2 diagonals = 1 X** can do barefoot 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Fartlek Run- 42min (5 minutes easy, 1 min fast) **you'll run 7 times fast** 	<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 jog on grass
<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump Tech after sprints 		<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 - Low Walk Series - Core circuit 6x20 each exercise 	<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