

1) Warm Up Jog 400 - slow relaxed run. Effort Level Easy

2) Warm Up Skip Lap 400 -

- 1st 100m -Arm circles forward while skipping 50m, Arm circles backward - while skipping backwards 50m
- 2nd 100m Hurdle-less Hurdle Mobility: bent knee lift 15, switch sides, Straight leg 15, switch sides, Over under 15, switch sides
- 3rd 100m Side Jacks 50m on left, 50m on right, (later shuffle, arms cross over head and at hips)
- 4th 100m Ankle pops 50, head to the fence: 20 sec. forward fence hurdles 20 sec. backward fence hurdles 20 sec. lateral leg swings 20 sec. linear leg swings

3) Running Technique Drills - visit <https://youtu.be/UOJbMMTOmw> for technique guidance

Doris Taps 2x10 on each side

- stand in front of fence post
- Attack the ground with the ball of the foot
- toe is pulled up towards shin helping the foot to land flat
- ground contact is on ball of foot not toes
- Foot lands under hip, hip passes over

Fence Drive

2x 10 switches with 1 second hold, 4 fast switches

- Upper body lean at 45*
- Shin drive at 45*
- Ground foot - On ball of foot
- Body in straight line

A skips:

- 90* angle at ankle, knee, hip, and elbow
- Good postural integrity - stay tall
- Maintain forward lean
- Drive foot down underneath center of mass (dorsi flexed foot)

B Skips:

- 90* angle at ankle, knee, hip, and elbow
- Drift foot out (kick out)
- Good postural integrity - stay tall
- Maintain forward lean
- Drive foot down underneath center of mass (dorsi flexed foot)

High Knees:

- 90* angle at ankle, knee, hip, and elbow
- Faster than A's
- knee to waist level
- land lightly & quickly on the balls of your feet
- erect posture
- pump arms

Hamstring Kickers

- 90* angle at knee, hip, and elbow
- Knee to waist level
- Foot flicks under to butt
- Land lightly & quickly
- Pump arms

Triple Fast Feet: (One Two Three Focus Point)

- straight leg swing
- Straight leg swing
- Straight leg swing
- Leg cycle pop (lands under center of gravity)
- Cycle foot lands under hips
- Bring foot up quickly after contact
- Foot moves in 1/2 moon shape

Straight Leg Bound:

- land on balls of feet
- Drive down into ground, pull with hamstrings down

Box Jumps

2x5 box jumps

4) Walking Flexibility -

Hamstring Sweeps/Toe Touches- straight legs, one leg ahead, toes up, reach down, bring arms up to standing straight, baby step, repeat

- **Quad Stretch** - knees should be side by side, pull to same leg glute, other arm over the head, opposite arm to sky
- **T bars** - hands drop to touch toes, leg swings back straight, two steps backwards to switch legs keep back straight, movement is at the LB, hips and glute, upper body relaxed
- **Knee to Chest** - pull knee up to chest and raise up onto toes of other foot
- **Hip Pulls/RDL's** - two hands on your shin, pull leg up and calf raise on other foot
- **One Leg Squat** - foot crosses over other knee, hands out for balance and squat
- **Up & Over Lunge** - lunge but foot steps over knee height
- **Side Lunge** - side lunge lean with up and over
- **Monster Walk** - Opposite arm to opposite leg

5) Captain Circle Stretches

- Rocking lunges - keep glute contracted, keep torso straight,
- Alternating knee drops - sit on butt, keep back straight, avoid dragging feet
- Sitting glute stretch - back straight
- Sitting hip stretch - knee crossed over opposite leg, lift hips
- Rocking adductor stretch both sides
- individual stretches
- Rotations ankles to neck

THROWERS GO THROW 3 days a week, sprint or lift 2 days a week

JUMPERS GO TO JUMP WORKOUTS 2 days a week, sprint 3

Accelerations: 12-15 reps (sprinting = stride length * frequency = speed)

2 point stance:

- Head relaxed and in neutral position
- chin angle determines hip position
- Focus on front shin angle - close to 45*
- Fall into start, once at 45* -go

3 point starts: (less fatigue than in blocks) chin angle too low or too high or shin angle too close

- Start by splitting feet like 2 point stance and drop to knee
- Hands on line, shoulders over hands
- Lift up to 'set' angle, adjust hands in slightly

- Left hand on ground, right arm up behind body - elbow @ 90*
- Left foot back, right foot forward,
- Head and chin in neutral position
- Storage line through head and torso
- Distance from line allows 45* shin angle at set angle
- Elbow @90* arm movement assists start
- 90% of push is off front foot, 10% pulling back foot
- Arms split, dramatic

- 1) 2-3x low heel recovery
- 2) 2-3x walking 2 point acceleration
- 3) 2-3x rolling 2 point acceleration
- 4) 2-3x stationary 2 point start
- 5) 2-3x 3 point start

WORKOUT

Strength and Mobility Workouts -

- 1) 1 minute center plank - 1 minute side plank left, 1 minute side plank right, 1 minute center plank
- 2) SAM Workout Easy or Hard

Barefoot Cool Down: about 20meters

1 lap around turf

2x 20 meter - A Runs 20 meters

20 meter return - Back wards skipping

Forward walking - backwards walking

Forward on ball of foot, =backwards on ball of foot,

forward on heels, backwards on heels,

forwards on outside of foot, backwards on outside of foot

forwards on inside of foot, backwards on inside of foot,

At home before/after practice:

Rolling / Massage Gun Areas -

Snow Angels/Shoulder Massage:

- Lay on the roller the long way so that your entire spine is supported from head to tailbone. Begin with your arms out to the side with palms up and chest expanded.
- Inhale deeply as you reach your arms up overhead slowly and with control, keeping them as close to the mat as possible and parallel to the floor.
- Exhale completely as you draw your arms back down by your hips and gently exhale all the air out of your lungs.
- Repeat 8 times

Calf Roll:

- With the roller placed under your calves, right below the knee (but take care to stay off the back of the knee).
- Cross your left calf over your right calf on the roller.
- Place your hands on the ground a few inches out on either side of your hips, fingers pointing outward.
- Press down into your hands to lift your bottom off the mat, keeping your calves balanced on the roller.

Hamstrings:

- Sit on your mat and place the roller beneath your hamstrings. Place your hands behind you with fingertips pointing out to the side.
- Press your hands into the mat to lift your bottom off the floor. Continue pressing your hands into the mat and engage your core to rock yourself forward and backward, pushing the roller up and down the hamstrings, from just under the bones at the base of your pelvis that you sit on to just above the knee.
- Breathe deeply, exhaling as you move forward and inhaling as you move backward.
- Repeat this motion eight times on each side.

Thigh Roll:

- Come down to your forearms with your belly facing the mat. Place the roller under your hips. Keep your abs engaged to prevent overarching your lower back.
- Exhale as you roll all the way down to the tops of your knees. Inhale as you slowly roll up to your hips.
- Repeat this motion eight times on each side.

Adductors/Inner Thigh Roll:

- Come down to your forearms with your torso facing the mat, and place the roller under your right upper inner thigh. (To do this you will need to bend your right knee up and out to the side and place the foam roller up and under your groin.)
- Taking care to keep your upper body square to the ground as you move, use your forearms and left leg to power the motion as you roll the roller out toward the knee (stopping just above it), and back up to your groin.
- Repeat this motion eight times on each side.

Shin Roll:

- Come down to a deep squat position and place the roller under your mid-upper shins and keep your toes curled forward and your heels reaching back so the arches of your feet are really stretched out.
- Place your hands shoulder-width apart on the mat and keep your shoulders drawn down for the duration of the exercise.
- Use your feet and hands to roll forward, point your toes and slightly internally rotate your toes in and then roll up and down your shins.
- Repeat eight times.

Sprinters Circuit

Round 1 exercise 100m stride (first half)		Round 2 exercise and drill (2nd half)	
1 min plank	100 m Stride	1 min plank	A-skip
15-20 push ups	100 m Stride	15-20 push ups	B- Skip
15 squats	100 m Stride	15 squats	High Knees
30/30 side plank	100 m Stride	30/30 side plank	Hamstring Kickers
40 sit ups (20 runners, 20 crunches)	100 m Stride	40 sit ups (20 runners, 20 Russian twists)	High Skips
15 jump squats	100 m Stride	15 jump squats	Carioca/grapevine
1 min Mt. Climbers	100 m Stride	1 min Mt. Climbers	Carioca/grapevine
10 hurdle drills	100 m Stride	Bird dogs (w/crunch)	Fast feet to run

Round 1 exercise 100m stride (first half)		Round 2 exercise and drill (2nd half)	
1 min. plank to push up	100 m Stride	1 min. plank to push up	Sprint
15 burpees	100 m Stride	15 burpees	Done!