Track Warm-up/Workout Plan

1.) Run: 2 Laps (5 min.)

2.) Stretches: Static (5 min.) Dynamic (5 min.)

3.) Abs: (5 Min.)

Hurdle Strength & Med. Ball

or

20/30 sec. Iron Man

4.) Plyos: (10 Min.)

and/or

Weights: (30 Min.)

5.) Start Work-out

6.) Cool-Down

Run:

Jog 1 lap (400 meters)

1 more lap (400 meters) 50m build, 50m float, 50m bound, 50m backward run, 50m build, 50m skip with arm crosses, 50m high knee, Jog last half straightaway.

Stretches

Static (8 second count):

1. Seated Toe Touch Reach Left Then Right
2. Quad/Huddler Stretches
3. Seated Leg Crossover Low Back Stretch
4. Groin Stretch/ Butterfly
5. Iron Crosses
6. Standing Toe Touches
7. Overhead Triceps stretch
8. Hip/Trunk Rotations
9. Arm Swing crosses 10 Arm Rotations
10. Neck Rotations

Dynamic:

1. **Walking Knee Raise**
2. Walking Lunges
3. Walking Toe Touches
4. **High Knees**
5. **Carioca w/ high knee**
6. **Straight leg bounding**
7. **Butt Kicks**
8. **Backwards Run**
9. A-Skips
10. B-Skips
11. C-Skips
12. Fast Leg Right
13. Fast Leg Left
14. Alternating Fast Leg
15. Quick Feet

Others:

1. **Ankling**
2. **Form Runs**
3. **Accelerations**
4. **3-Point Starts**
5. **Stand-Still Strike**

Abs

20 Second Iron Man (5 min.)

1. Crunches
2. Alternating
3. left side bends/crunches
4. Right side bends/crunches
5. Rope climber
6. Tick-tock
7. Cow-over the moon
8. Pick-pocket
9. V-ups/lemon squeezers
10. Plank
11. Right Plank
12. Left Plank
13. Reverse Plank (supine position)
14. Supermans
15. Push-ups

Medicine Ball Routine in WR

(Weight room day 1 and 2)

Routine a:

1.) Overhead Throws

2.) Pick-pocket

3.) Sit-up catch-n-toss

4.) Front loader (hot potato)

5.) Trunk rotations (straight arms side to side)

\*Leg Toss

Routine b:

1.) Seated partner toss

2.) Pick-pocket

3.) Overhead back toss

4.) Overhead front toss

5.) Underhand forward toss (for height)

\*Leg Toss

Hurdle Strength (Core Stabilization):

1.) Walkovers (1 leg lead)

2.) Walkovers (alternate legs)

3.) Walkovers (backward one leg, then switch)

4.) Over-unders (switch lead leg)

5.) Skip down the row

Plyos (on grass)

Routine A (2x10 or 3x5)

1.) Standing Long Jump x5

2.) Tuck Jumps x10

3.) Bunny hops x10 (for distance)

4.) Split squat x10

5.) Rocket Jumps x10

6.) Frog for Height x5

Routine B (2x10 or 3x5)

1.) STJ x5

2.) Bounding for distance 25m build to 40m

3.) Hurdle hops (1-3 x 8-10 H)

4.) RR-LL-RR-LL (1-4)

5.) Line Jumps

6.) Burpie

8” & 12” Hurdle Drills

**Mini-Hurdle Agility Routine**

**Small Hurdle Setting #1 (Height 6-12”)**

**Drill #1– Small Hurdle Runs**

**Drill #2– Quick Feet “Insides”**

**Drill #3– Lateral Runs**

**Drill #4– Lateral Quick Feet “Insides”**

**Drill #5– Lead in Hurdle Runs**

**Medium Hurdle Setting (Height 18”)**

**Drill #6– Medium Hurdle Runs**

**Drill #7– Quick Feet “Insides”**