

Date: 3/16	Sprinters	Hurdlers	Distance	Throwers	Jumpers
Warm-Up	800 jog - 30% 10 Min. Abs Toe touches Vaults V sit alternate Up & Outs Crunches Alt. Heel touches Cross leg crunch Figure 8's Supermans Planks	800 jog - 30% 10 Min. Abs Toe touches Vaults V sit alternate Up & Outs Crunches Alt. Heel touches Cross leg crunch Figure 8's Supermans Planks	800 jog - 30% 10 Min. Abs Toe touches Vaults V sit alternate Up & Outs Crunches Alt. Heel touches Cross leg crunch Figure 8's Supermans Planks	Jump rope - 200 touches 10 Min. Abs Toe touches Vaults Push throughs Up & Outs Crunches Alt. Elbows Str. Leg crunches Figure 8's Supermans Planks	800 jog - 30% Static Stretch On own Dynamic Stretch a. High Knee/Walk b. Front Lunges c. Side Lunges d. Butt Busters f. High Knees g. Ankle h. Cariooca with arm swings i. A Skips j. B Skips k. Bouncers
Individual Workouts	Dynamic Stretch a. High Knee/Walk b. Front Lunges/Side c. Doris' march d. Butt Busters e. Butt Busters f. High Knees g. Ankle h. Cariooca i. A Skips j. B Skips k. Lateral A skips	Dynamic Stretch a. High Knee/Walk b. Front Lunges/Side c. Doris' march d. Butt Busters e. Butt Busters f. High Knees g. Ankle h. Cariooca i. A Skips j. B Skips k. Lateral A skips	Dynamic Stretch a. High Knee/Walk b. Front Lunges/Side c. Doris' march d. Butt Busters e. Butt Busters f. High Knees g. Ankle h. Cariooca i. A Skips j. B Skips k. Lateral A skips	Dynamic Stretch a. Ladders b. Med ball circuit c. Plyo's d. Walk into sprints	10 Min. Abs Toe touches Vaults Push throughs Up & Outs Crunches Alt. Elbows Str. Leg crunches Figure 8's Supermans Planks
	<del>Fronts</del> <del>Backs</del> Firms - I.S. Outside Supermans 4 x 50 Eskander skills 4 x 50 Toes - falling start 4 x 50 Intervals 100m - 50m/50 x 10 200m - 100/100 x 8 400m - 200/200 x 6	<del>Fronts</del> <del>Backs</del> Handie down/up I.S. 5 x 1 5 x 2 5 x 2 thru 100 or 110 or 300	<del>Fronts</del> <del>Backs</del> Old Hany II McKusiglit - 64m? Cool Down	<del>Fronts</del> <del>Backs</del> Footwork Jump Rope - 200 touches Ladders Single run thru Bubble run thru Lateral 2 in Tidy IFO Up = 800s IFO	<del>Fronts</del> <del>Backs</del> plyo's - Ladder Hops Single Single side-side Single Up=80k Skip Downs 3x10
Cool Down/Lift	Lift Day 1	Lift Day 1	Lift Day 1	Lift Day 1	H1 Warm up * steps

H1 warm ups  
 5 x 30  
 10 skin charging  
 on board 15  
 Lift Day 1