

## **Week 5      April 6th**

## **Form Drills for all 30M**

Skip with arm circles forward

Skip arm circles backwards

Skip with hugs

Skip backwards

Sideways jacks with arm swings

Leg swings to the side at the fence-be up on the toe of the leg on the ground

Leg swings forward and back-be up on the toe of the leg on the ground

Grapevine

Sprinters/Hurdlers/Jumpers/Any distance that jump

### **Daily (6 days a week)**

**Specific drills:** All 30M

**-Walk A step:** Remember toe-up/knee-up/step over the opposite knee without breaking at the hips.

#### **-Skip the A-Step**

**-Butt kick:** Heels to butt/gluts...make sure to come down almost in the same place.

**-Fast-leg:** Same as A-Step except you are stepping over the opposite mid-calf (not as high as the knee). Remember to bring the foot down almost in the same place.

**Series:** Fast leg R leg only x 20M

Fast leg L leg only x 20M

Alternate: R step-step L step-step R step-step L step-step etc

Fast leg 3 R / step-step/ 3 L step-step etc

**-Dead Leg Drill:** If you have cones at home. A reminder this drill has the up leg going over the cones and the down leg-keeping a peg-leg position slightly behind.

**-Wicket Drills:** Pretend you have wickets (little hurdles) you are going over. Think how you felt doing them on the track. Go about 10 to 15 seconds x 2

### **Sprinters Work-out**

**Monday:** Drills above and 8 minute jog. 8 x 150m with 90 sec rest between. Done at 75% of you hardest

-Cool-down 8 minutes

- Do full core work-out

**Tuesday:** Drills above and 8 minute jog

- go to the TJ/LJ/HJ page

-Core

## **Continued Sprinters Work-out**

**Wednesday:** Drills above and 8 minute jog.

- 7 x 40 meter all out with 1 minute rest
- add in some plyo drills if you know them.
- Cool down 8 minutes

**Thursday:** Drills above and 8 minute jog.

- go to the TJ/LJ/HJ page
- Core

**Friday:** Drills above and 8 minute jog.

6 x Fly 10 with 25m acceleration zone. Rest 4 min

-This means you would be coming out of blocks (3-point start) for 25 meters then go 10 more meters of max velocity (step over- drop down/ A-run) then decelerate( gradually slow down) 20 meters.

Some of you won't understand all of the terminology as you are new.

Jog 8 minute cool down.

**Saturday:**

- Drills above and jog 8 minutes
- go to the TJ/LJ/HJ page
- Core