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| **SPRINTS & JUMPS SPRING BREAK WORKOUTS** |
| **WORKOUT #1** | **WORKOUT #2** | **WORKOUT #3** | **WORKOUT #4** | **WORKOUT #5** |
| **Hill Repeats:** * Find a hill 75 - 150 meters long & sprint up it 6x: sprint at 95% effort
* Walk down the hill after each sprint & rest 4 min before repeating

**Jumps: 2 feet standing long*** 2 feet standing long jumps: 20x – from a standing position, 2 feet together, jump out as far as you can go & land on 2 feet

**Form Drills:*** Complete the 4 following drills: 100 meters each drill

1) A March – no arms2) A March with arms3) A skip in place – 20x each leg4) A skip moving – no arms | **Strength Training:** * Complete the following exercises:
* No weight: complete 3 sets x 12 reps
* With weight: complete 3 sets x 8 reps
1. Speed jump rope: 6 sets x 30 seconds
2. Dumbbell/kettlebell snatches
3. Front or Goblet squats
4. Single-leg squats
5. Alternating lunges
6. Box jumps: 2 sets x 6 reps
7. Push-ups
8. Upright row or Pull-ups
9. Plank leg lifts
10. Hip thrusters

**\*if you don’t know how to do any of the above exercises look up how to do them online/YouTube\***  | * 1. **30 Second Sprint Intervals:**
	2. • Sprint at a 90% effort for 30 seconds straight
	3. • Rest for 1 min
	4. • Repeat 5x = total of six 30 second sprints
	5. • **Jumps: High Skips 2 sets x 10 reps each leg**
	6. • Jump powerfully off one leg, while lifting the opposite thigh to a position parallel to the ground.
	7. • Drive the arms up powerfully in opposition to the legs.
	8. • Alternating arms & legs, continue the exaggerated skipping motion

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**\*if you don’t know how to do any of the above exercises look up how to do them online/YouTube\*** | **Track Workout:** * 2 sets of a 300 x 200 x 100 meter sprint with 3 min rest after each sprint
* Sprint at 90% effort for 300 meters (3/4 of a lap on a standard track)
* Rest 3 min
* Sprint at 90% effort for 200 meters (1/2 of a lap on a standard track)
* Rest 3 min
* Sprint at 100% effort for 100 meters (1/4 of a lap on a track)
* Rest 3 min

**\*\*Repeat all 3 sprints one more time** **Form Drills:*** Complete the 4 following drills: 100 meters each drill

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