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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 arms  2) A March with arms  3) A skip in place – 20x each leg  4) 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   **Form Drills:**   * Complete the 4 following drills: 100 meters each drill   1) A March – no arms  2) A March with arms  3) A skip in place – 20x each leg  4) 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\*** | **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   1) A March – no arms  2) A March with arms  3) A skip in place – 20x each leg  4) A skip moving – no arms |