|  |
| --- |
| **SPRINTS & JUMPS WORKOUTS: MARCH 23RD – 27TH** |
| **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 OR Squat jumps: 6 sets x 30 seconds
2. Squats
3. Single-leg squats
4. Alternating lunges
5. Box jumps: 2 sets x 6 reps OR Step-ups: 3 sets x 8 reps each leg
6. Push-ups
7. Single-Leg RDL’s
8. Plank leg lifts
9. Hip thrusters
10. Bicycle kicks: 3 sets x 30 reps

**\*if you don’t know how to do any of the above exercises look up how to do them online/YouTube\***  | **30 Second Sprint Intervals:** * 1. • Sprint at a 95% effort for 20 seconds straight
	2. • Rest for 40 seconds
	3. • Repeat 5x = total of six 20 second sprints
	4. • **Jumps: High Skips 2 sets x 10 reps each leg**
	5. • Jump powerfully off one leg, while lifting the opposite thigh to a position parallel to the ground.
	6. • Drive the arms up powerfully in opposition to the legs.
	7. • Alternating arms & legs, continue the exaggerated skipping motion

**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 OR Squat jumps: 6 sets x 30 seconds
2. Squats
3. Single-leg squats
4. Alternating lunges
5. Box jumps: 2 sets x 6 reps Step-ups: 3 sets x 8 reps each leg
6. Push-ups
7. Single-Leg RDL’s
8. Plank leg lifts
9. Hip thrusters
10. Bicycle kicks: 3 sets x 30 reps

**\*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
* If you don’t have access to a track you do timed sprints instead: 2 sets of a 45 sec. x 30 sec. x 15 sec. sprint with 3 min rest after each

**\*\*Repeat all 3 sprints 1x****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 |