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| **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 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 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 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 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 arms  2) A March with arms  3) A skip in place – 20x each leg  4) A skip moving – no arms |