

# HIGHLAND PARK TRACK & FIELD

## SCOTS STRENGTH & CONDITIONING

### WT RM: Strength I

Squat (Bar or DB Goblet)	3x10, 4x6
Rev Row	3x10
DB Lunge Matrix (Fwd, Side, Rev)	3x5/5/5
Bench Press (DB or Bar)	3x8
Lat Pulls	3x8
Calf Raises (toe in/out/straight)	3x8/8/8
DB Shoulder Press	3x10
Lateral Pallof Chops (slow)	15/15

### WT RM: Strength II

DB Split Squats (Rear Foot Elevated)	3x10, 8, 6
Pullups (band or partner assist)	3x5-8
DB Push Press	3x6-8
Romanian Deadlift (DB, Dbl/SL)	3x6-12
Pushups (knee, reg, suspension)	3x10-15
Jump Rope: Dbl leg, SL	3x 50, 15/15
Seated Row	3x12/12

### WT RM: Strength III

Clean (Bar, DB/KB)	4 x 4-8
KB Swing	2 x 6-12
Incline Bench	3-4 x 5-10
Deadlift (Trap or Rom)	4 x 4-8
Row (T-Bar or DB)	3-4 x 5-10
Step Ups (BW or DB)	3 x 8/8

### Sprint Plate Superset

Bench Press and Rows  
Military Press and Squats  
Lateral Raises and Push Press  
Curls and Reverse Curls  
Trunk Twists and Dead Lift  
Wood Choppers and Calf Raises

### BW Circuit, 2-3x

Lunge Matrix (Rev, Side, Fwd)	5s
Pushups (Knee or full, maintain plank)	10
Squat or Split Squat Jumps	10
Pullups	8
DL/SL Calf Raises (in/out/straight)	8/8/8
Bridges	10

### Power #1: Plyo

Single Leg Squats  
Step Ups  
Single Leg Hops  
Double Leg Hops

### Power Circuit #2 (In/Out)

Power Stair Sprint Starts	1 flight
MB Rocket Throw (w/jump)	8
MB Overhead Back (out)	8
Jump Rope (Dbl/Sgl)	40, 30
Skip for Height	4/4
Cone Jumps (DL)	2 x 5
MB Start Throws	5/5
Spring Bounds	3/3

### In: Cond & Mobility Circuit, 1-3x

Stair Runs	4-8x
Jump Rope (Dbl leg/Alt)	50, 25
Lunge Matrix (BW/Wt, Rev/Fwd/Lat)	5/5/5
Uphill Link Sprints (walk back)	4-6x
Ankle tubing	6's
Spider Crawl (20m, fwd/bk)	2x
Burpees	2 x 4
Rev Lunge Jump	6/6
SL Toe Touch (slow, balance)	8/8

### Conditioning Finisher

Laps  
Cart Wheels  
Spiderman Crawls  
Duck Walk  
Leap Frogs  
Bear Crawls  
Crab Walk  
Piggy Back  
Line Hops (forward/backward)  
Line Hops (side to side)

# SCOTS STRONG!!



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## SCOTS STRENGTH & CONDITIONING

### Sprinters Conditioning Warmup

Burpees  
Jumping Jacks  
Stationary Lunges (forward)  
Stationary Lunges (sideways)  
Combat Squats  
Shoulder Rotations  
Hip Extension (lying on back)  
Inchworm (lying on back)  
Superman (lying on stomach)  
Knee to Pits

### WU: Light Activators, 1-2x

Arm Crossovers, Arm Circles, Hip Circles, Side Bends  
Slow Lunges: 2/2 fwd/rev, 2/2 side  
Toe Raiser Walk (pop up, toe stays on ground)  
Side Shuffle Arm Swing  
High Knee March to Run (heel2butt, mid-foot touch)  
Arm Crossover Skip (engage core)

### WU: Speed Activators

Toe Pop Skip (get springy)  
Carioca (slow to snappy)  
A-Skip (short step, toe up, paw plant, hips fwd)  
Skip for Height 6/6  
4-8 x Building Strides

### Banded Hip Circuit

Squat (BW, DB)	10-15
Lateral Walk	15/15
Clams	10/10
Leg Raises	8/8
Backward 45° Walk	8/8

### Hurdle Conditioning Circuit (5H), 1-3x

Trail-Trail Walkovers	3/3
Over Unders	3/3
Lead-Trail Walkovers	3/3
Skip Overs	3/3

### Dynamic Plank, 2-3x

Elbow Plank Hold	30"
Side Elbow Plank Taps (hold 3")	30"
Walk the Plank Arms	20
Walk the Plank Legs	20
Windmill Plank	5/5
Spider Plank	10/10
Renegade Plank	5/5
Rock Out Plank	10

### Pillar Conditioners (Abs/Low Back), 2-3x

Bicycle Speed Crunch	20/20
Bridge Taps (Hold 3" plank)	10
Slow Bicycle (shoulders to knees)	20/20
Bridge Kicks (thighs parallel)	10/10
Bird Dog (hold 3" steady)	5/5
Captain Crunch	1 min
Bridge Taps (Hold 3" plank)	10
V-Ups/Knee-Ups	10
Inverted Scorpions	10/10
Scorpions	10/10
Superman (Dbl, Alt)	5, 5/5
Hip Roll	10/10

### Bike Tubing Exercises

Y Braced Walking Lunges	5/5
SL Lateral Tubing Run in Place	15/15
3-way Tubing Ankle	5/5/5
3-way Tubing Hip Flex	5/5/5
Tubing Y's, Rows, Flies	5/5/5
Tubing Bridges (hold 3")	15
SL Tubing Partner or Battle	30"/30"
SL Tubing Balance Run	30"

### Hip Stability and Mobility, 2-3x

Clams (top knee fwd)	10/10
Fire Hydrants (toe down)	10
Leg Raises (toe down)	10/10
Kneeling Hurdles (Fwd, Rev)	10/10
Leg Swings	10/10
Standing Rev Hurdles	10/10

