

WORKOUT Program: cycle 1 Week 1

Quote: “Results happen over time, not overnight. Work hard, stay consistent, and be patient.”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
*Weights WU -1 *Strength Training *Event Specific Training: - Drills - Jumps/Hurdles/Throws *Cool down-1	*Track WU-1 *Hurdle Mobility: x 8H -alt. walkovers -L-R lead walkovers -lateral side stepovers -over-unders *Sprints: -2x150m R: 3’ -3x100m R: 2’ -4x50m R: 1’ *Plyos: x3 -5 double leg hops -5 single leg hops -5 alt bounds *AnickaAbs-A: x 10 *Cool down-1	*Weights WU-1 **Strength Training** *Event Specific Training: - Drills - Jumps/Hurdles/Throws *Cool down-1	*Play Day: Get out and play! -volleyball -basketball -swim -bike -etc. 20 mins or more: Exercise: _____ *AnickaAbs-B: x10	*Track WU-1 *Tempo: x3 -60” jump rope R: 30” -30” push ups R: 30” -30” lunges R: 30” -30” A-skips R: 30” -90” run R: 2’ *Cool down-1 *Weights WU-1 **Strength Training** *AnickaAbs-C: x1	OFF
*Every Day Recovery Options: -roll out -ice -hot tub -stretch -yoga -sauna			*Notes:		