

Sprints



DOWNERS GROVE NORTH TRACK & FIELD

OUTDOOR WEEK 9 (WEEK OF May 19)

MONDAY, May 19		
<u>Training Prep</u> • 3 Minute Jog • Dynamics 1 • Leg Swings	Breakdowns: Main Workout: Max Speed • 4 - 6 x 40m Wickets (only 4 for relay guys) • Technique / Speed ○ Block Starts ○ Handoffs • Full Body WR (Low Weight, Low Rep, Move Weight Quickly) •	<u>Post (Rolling)</u> • Foam Roll

TUESDAY, May 20		
<u>Training Prep</u> • 3 Minute Jog • Dynamics 2	Breakdowns: Main Workout: "Pre-Meet Plus) • Handoffs/Blocks • Core / Stability	Post • Hip Mobility • Hurdle Drills • Team Stretch

WEDNESDAY, May 21		
<u>Training Prep</u> • 3-5 Minute Jog • Race Day Warm Up	Breakdowns: Main Workout: Pre-Meet • Maintenance Strides x 4 • Core (5 - 10 minutes) • 2-3 Block Starts	<u>Post</u> • Foam roll

	Relay Exchanges?	
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THURSDAY, May 22 (SECTIONALS)

	No practice for those not competing.	
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FRIDAY, May 23 (No Practice)

	No Practice	
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SATURDAY, May 24 (9 AM Outdoor Track)

Training Prep 3 minute jog - Dynamics 1 - Leg Swings	Breakdowns: Main Workout: 2 x 40 Fly - Plyo / Resistance Circuit (out and back) 3 Boom 3 Skip x 20m - Backwards 3 Boom 3 Skip x 20m - Forward Tuck Jumps x 3 - Backwards Tuck Jumps x 3 - Depth Jumps into Long Jump x 3 - Rocket Jumps (20 seconds in place) - Bear Crawl w/ resistance band x 20 meters - Jump start sprint w/ resistance band x 20 meters - Backwards run x 20 meters w/ resistance band. - Full Body Weight Room OR Low Weight/Explosive Plyo Circuit	Post Foam Roll
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	(Squat Jumps, Split Squat Jumps, Pogo's)	
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Hurdles

			Sectional		
5/19	5/20	5/21	5/22	5/23	5/24
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-up: 2 Laps	Warm-up: Uno				
Hurdle Mobility C: Dynamic, Out and Back, Pop Series	Hurdle MoC: Walking				
Workout: 300 Hurdle 1 X 2	Dynamic Flex: B, C, H X10	Pre-meet 110 Focus		TBD	TBD
	80% 40M Stride X5				

High Jump

			Sectionals		
5/19	5/20	5/21	5/22	5/23	5/24
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-up: 2 Laps	Warm-up: 2 Laps	Circle Drills X2 es. 12 ft Radius			
Dynamic Warm-up: dos, tres	Dynamic Flex: J 2X8	Low Impact Easy Movement		TBD	TBD
Multi-Jump: Bound Series X2 Court Length Circle Drills					
5 Step Approach X5	Circuit: Arch Falls, Backover, Belly Flip, Bridge Hold 2X8				