

# 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 (Dumbbell 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	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
Tubing Rows and Y's	3x15/15

### 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 (Body Wt or Dumbbell)	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

### Body Weight 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, 3 x 6/6
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, 25/25
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)

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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 (Body Wt, Dumbbell)	10-15
Lateral Walk	15/15
Clams	10/10
Leg Raises	8/8
Side Kickbacks	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"
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 and Low Back), 2-3x

Bicycle Speed Crunch	20/20
Bridge Taps (Hold 3" each)	10
Slow Bicycle	20/20
Bridge Kicks	10/10
Bird Dog (hold 3" each)	5/5
Bridge Taps (Hold 3" each)	10
V-Ups/Knee-Ups	10
Inverted Scorpions	10/10
Scorpions	10/10
Superman (Dbl, Alt)	5, 5/5
Hip Roll	10/10

### Tubing Hips & Core, 2-3x

Y Braced Walking Lunges	5/5
SL Lateral Tubing Run in Place	15/15 slow
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	15 w/hold
SL Tubing Battle (partner)	Both legs

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

Clams (top knee fwd)	10/10
Leg Raises (toe level/down)	10/10
Donkey Whips	5/5
Fire Hydrants	10
Kneeling Hurdles (Fwd, Rev)	10/10
Leg Swings	10/10
Standing Hurdles	10/10
SL Balance Run	2 x 30"/30"

