Wk 25 Wk 25

M 5/24

Practice @ Icahn @ 3:30 Practice @ Icahn @ 3:30

or Email Mr. Heaney

T 5/25

Practice @ school @ 2:20 T 5/25

Bolt, 5x40m@100%, 4'

W 5/26

Practice @ Icahn @ 3:30 W 5/26

Or Email Mr. Heaney Practice @ Icahn @ 3:30

R 5/27

Bolt, 5x40m@100%, 4' Practice @ school @ 2:20

F 5/28 F 5/28 OFF

S 5/29 S 5/29 Meet Meet

 Sn 5/30
 Sn 5/30

 OFF
 OFF

Wk 24

M 5/17

Practice @ Icahn @ 3:30 or Email Mr. Heaney

T 5/18

Bolt, 6x40m@100%, 4'

W 5/19

Practice @ Icahn @ 3:30

R 5/20

Bolt, 8x20m@100%, 2'

F 5/21 OFF

S 5/22 Meet

Sn 5/23 OFF Wk 24

M 5/17

Practice @ Icahn @ 3:30

T 5/18

Practice @ school @ 2:20

Or

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder</u> <u>DB Squat Jumps</u> 5x4 (no weight)

DB bench press 4x5 (this can be done on

the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

W 5/19

Practice @ Icahn @ 3:30 Or Email Mr. Heaney

R 5/20

Bolt, 10x20m@100%, 2'

F 5/21 OFF

S 5/22 Meet

Sn 5/23 OFF

Wk 23

M 5/10

Practice @ Icahn @ 3:30 or Email Mr. Heaney

T 5/11

Bolt, 7x30m@100%, 3'

W 5/12

Practice @ Icahn @ 3:30

R 5/13

Bolt, 10x10m@100%, 2'

F 5/14

OFF

S 5/15

MEET DAY!

Sn 5/16

OFF

Wk 23

M 5/10

Practice @ Icahn @ 3:30

T 5/11

Practice @ school @ 2:20

Or

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder</u>

DB Squat Jumps 5x4 (no weight)

DB bench press 4x5 (this can be done on

the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

W 5/12

Practice @ Icahn @ 3:30 Or Email Mr. Heaney

R 5/13

Bolt, 10x10m@100%, 2'

F 5/14 OFF

S 5/15

MEET DAY!

Sn 5/16 OFF

Wk 22

M 5/3

Practice @ Icahn @ 3:30 or Email Mr. Heaney

T 5/4

Bolt, 5x40m@100%, 4'

W 5/5

Practice @ Icahn @ 3:30

R 5/6

Practice @ school @ 2:20

F 5/7 OFF

S 5/8

MEET at Icahn

Or 20x10m@100%, 20" between each

Sn 5/9 OFF Wk 22

M 5/3

Practice @ Icahn @ 3:30

T 5/4

Practice @ school @ 2:20

W 5/5

Practice @ Icahn @ 3:30 Or Email Mr. Heaney

R 5/6

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder</u>
<u>DB Squat Jumps</u> 5x4 (no weight)

DB Squat Julips 5x4 (110 weight)

DB bench press 4x5 (this can be done on

the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

F 5/7 OFF

S 5/8

20x10m@100%, 20" between each

Sn 5/9 OFF

Wk 21

M 4/26

Practice @ Icahn @ 3:30 or Email Mr. Heaney

T 4/27

Bolt, 10x20m@100%, 2'

W 4/28

Practice @ Icahn @ 3:30 Or Email Mr. Heaney

R 4/29

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (no weight)
DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

F 4/30 OFF

S 5/1

MEET at Icahn

Or Bolt, 8x40m@100%, 4'

Sn 5/2 OFF Wk 21

M 4/26

Practice @ Icahn @ 3:30

T 4/27

Bolt, 10x20m@100%, 2'

W 4/28

Practice @ Icahn @ 3:30

R 4/29

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (no weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

F 4/30 OFF

S 5/1

MEET at Icahn

Or Bolt, 8x40m@100%, 4'

Sn 5/2 OFF

Wk 20 Wk 20

M 4/19

Practice @ Icahn @ 3:30
or Email Mr. Heaney

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 4/20

Practice @ East River @ 3:00 Practice @ East River @ 3:00

W 4/21

Practice @ Icahn @ 3:30 Practice @ Icahn @ 3:30

R 4/22
OFF
OFF
OFF

F 4/23 F 4/23

MEET @ Night @ Icahn MEET @ Night @ Icahn

S 4/24 S 4/24 OFF OFF

Sn 4/25 Sn 4/25

3x Bulls Circuit 15", 10" off, 3' 3x Bulls Circuit 15", 10" off, 3'

Wk 19 Wk 19

M 4/12

Practice @ Icahn @ 3:30 Practice @ Icahn @ 3:30 or Email Mr. Heaney

T 4/13
Practice @ East River @ 3:00

Side Lunges w/ Dumbbells 3x8

Practice @ East River @ 3:00 T 4/13
Wall Slides 1x10

W 4/14

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight

Leg Dead Lift, no weight) We've done these

before but in case you need a reminder

Leg Dead Lift, no weight) We've done these

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done or

before but in case you need a <u>reminder</u>

<u>DB Squat Jumps</u> 5x4 (moderate weight)

<u>DB Squat Jumps</u> 5x4 (moderate weight)

<u>DB bench press</u> 4x5 (this can be done on the floor with knees bent)

W 4/14

DB bench press 4x5 (this can be done on Towel Pull Ups 3x12 (@:40)

the floor with knees bent)

Side Lunges w/ Dumbbells 3x8

Towel Pull Ups 3x12 (@:40)

Practice @ East River @ 3:00 R 4/15

Practice @ Icahn @ 3:30 R 4/15
Or Email Mr. Heaney Practice @ Icahn @ 3:30

F 4/16
OFF
OFF
OFF

S 4/17 S 4/17

Meet @ Icahn Meet @ Icahn

Wk 18 Wk 18

M 4/5

Practice @ Icahn @ 11:00am Practice @ Icahn @ 11:00am

W 4/7 W 4/7

Bolt, 8x30m @ 100%, 4' Bolt, 8x30m @ 100%, 4'

R 4/8

Practice @ Icahn @ 11:00am Practice @ Icahn @ 11:00am

F 4/9
OFF
OFF

S 4/10 S 4/10 Meet OR Meet OR

Wall Slides 1x10 Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on

the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

Sn 4/11 Sn 4/11 OFF OFF

Wk 17 Wk 17

M 3/29

Practice @ Icahn @ 3:30 Practice @ Icahn @ 3:30 or Bolt, 5x(10,

20m@100%), 2'

T 3/30

Bolt, 10x20m @ 100%, 2' T 3/30

Practice in commons @ 2:25

W 3/31

Practice @ Icahn @ 3:30 W 3/31

Or: Email Mr. Heaney Practice @ Icahn @ 3:30

R 4/1
Meet R 4/1
Meet

F 4/2 F 4/2 OFF OFF

S 4/3 S 4/3

Bolt, 6x40m@100%, 4' Bolt, 6x40m@100%, 4'

Sn 4/4
OFF
Sn 4/4
OFF

Wk 16 Wk 16

M 3/22

Practice @ Icahn @ 3:30 Bolt, 10x20m@100%, 2'

T 3/23

Practice in commons @ 2:25 Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
W 3/24
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder
DB Squat Jumps 5x4 (moderate weight)

R 3/25

DB bench press 4x5 (this can be done on Wall Slides 1x10

the floor with knees bent)

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

DB Squat Jumps 5x4 (moderate weight) W 3/24

DB bench press 4x5 (this can be done on the floor with knees bent)

Practice @ Icahn @ 3:30

Towel Pull Ups 3x12 (@:40) R 3/25 Side Lunges w/ Dumbbells 3x8 Practice in commons @ 2:25

F 3/26

Practice in commons @ 2:25

S 3/27 S 3/27 Bolt, 8x30m@100%, 3' Bolt, 8x30m@100%, 3'

Wk 15

OFF

M 3/15

Practice in commons @ 2:25

T 3/16

Practice in commons @ 2:25

W 3/17 OFF

R 3/18

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder DB Squat Jumps</u> 5x4 (moderate weight) <u>DB bench press</u> 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

F 3/19 OFF

S 3/20 Bolt, 20x10m@100%, 1'

Sn 3/21 TBA DB bench press 4x5 (this can be done on

the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

T 3/16

3x Bulls Circuit 15", 10" off, 3'

W 3/17 OFF

R 3/18

Practice in commons @ 2:25

F 3/19

Practice in commons @ 2:25

S 3/20

Bolt, 20x10m@100%, 1'

Sn 3/21 TBA

T 3/9

Wk 15 Wk 14

M 3/15
Wall Slides 1x10
SLSLDL 3x8 each leg (Single Leg Straight

M 3/8
OFF

Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight)

Start Bolt Warm Up @ 2:25 in commons

W 3/10 Start Throwers Warm Up @ 2:25 in

commons

R 3/11

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

F 3/12 OFF

S 3/13

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

Sn 3/14 OFF SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

W 3/10 OFF

R 3/11

Start Throwers Warm Up @ 2:25 in commons

F 3/12

Start Bolt Warm Up @ 2:25 in commons

S 3/13

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

Sn 3/14 OFF

Wk 14

M 3/8 OFF

T 3/9

Wall Slides 1x10

Wk 13

M 3/1

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

T 3/2

Start Bolt Warm Up @ 2:25 in commons

W 3/3

Start Throwers Warm Up @ 2:25 in commons

R 3/4

3x Bulls Circuit 15", 10" off, 3'

F 3/5 OFF

S 3/6
MEET OR
Wall Slides 1x10
SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these

Leg Dead Lift, no weight) We've done these before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40) Side Lunges w/ Dumbbells 3x8

Sn 3/7 OFF

Wk 13

M 3/1

Start Throwers warm up at 2:25 in commons

T 3/2

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder DB Squat Jumps</u> 5x4 (moderate weight) <u>DB bench press</u> 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

W 3/3

Bolt, 10x30m@100%, 2'

R 3/4

Start Throwers Warm Up @ 2:25 in common

S

F 3/5 OFF

S 3/6

MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 3/7 OFF

Wk 12

M 2/22

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

T 2/23 OFF

W 2/24

Start Throwers Warm Up @ 2:25 in commons

R 2/25

Start Bolt Warm Up @ 2:25 in commons

F 2/26 OFF

S 2/27 MEET OR <u>Wall Slides</u> 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

Sn 2/28 OFF M 2/22

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder DB Squat Jumps</u> 5x4 (moderate weight) <u>DB bench press</u> 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

T 2/23

Start Throwers warm up at 2:25 in commons

W 2/24

Bolt, 12x20m@100%, 2'

R 2/25

Same as Monday

F 2/26 OFF

S 2/27 MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/28 OFF

Wk 12 Wk 11

M 2/15 M 2/15 Wall Slides 1x10 Wall Slides 1x10 SLSLDL 3x8 each leg (Single Leg Straight SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these Leg Dead Lift, no weight) We've done these before but in case you need a reminder before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on DB bench press 4x5 (this can be done on the floor with knees bent) the floor with knees bent) Towel Pull Ups 3x12 (@:40) Towel Pull Ups 3x12 (@:40) Side Lunges w/ Dumbbells 3x8 Side Lunges w/ Dumbbells 3x8 T 2/16 T 2/16 20x10m@100%, 1' 20x10m@100%, 1' W 2/17 W 2/17 3x Bulls Circuit 15", 10" off, 3' 3x Bulls Circuit 15", 10" off, 3' R 2/18 R 2/18 Same as Monday Same as Monday F 2/19 F 2/19 **OFF** OFF S 2/20 S 2/20 MEET OR MEET OR Niekerk, 5 circuits with 15" rest between Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST circuits. MUST DO THESE VERY FAST **DEEP Squat** 10 Reps **DEEP Squat** 10 Reps 5 Reps Each Leg 5 Reps Each Leg Lunge Lunge 5 Reps Each Leg 5 Reps Each Leg Step-up Step-up Jump Squat 5 Reps Jump Squat 5 Reps

Sn 2/21 Sn 2/21 OFF OFF

Wk 10

M 2/8

Practice after school in commons (2:20)

T 2/9

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

W 2/10 OFF

R 2/11

Practice after school in commons (2:20)

F 2/12 OFF

S 2/13 MEET OR Same as Tuesday

Sn 2/14

OFF

Wk 10

M 2/8

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

T 2/9

Practice after school in commons (2:20)

W 2/10

Practice after school in commons (2:20)

R 2/11

Same as Monday

F 2/12 OFF

S 2/13 MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between

circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/14 OFF Wk9

M 2/1

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

T 2/2

3x Mets Circuit 15", 10" off, 3'

W 2/3

Same as Monday

R 2/4

Practice after school in commons (2:20)

F 2/5 OFF

S 2/6 MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/7 OFF Wk 9

M 2/1

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

T 2/2

3x Mets Circuit 15", 10" off, 3'

W 2/3

5x(5 squat jumps, 5 step ups, 5 push ups, 10 jumping jacks) No rest between exercises, 2 min rest between sets. DO THE EXERCISES FAST

R 2/4

Same as Monday

F 2/5 OFF

S 2/6 MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between

circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/7 OFF Wk 8 Wk 8

M 1/25

Bolt, 16x10m@100%, 1' Practice after school in commons (2:20)

T 1/26

Wall Slides 1x10 Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on DB bench press 4x5 (this can be done on

the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 1/27
OFF
OFF
OFF

R 1/28

3x Bulls Circuit 15", 10" off, 3' Practice after school in commons (2:20)

F 1/29
OFF
OFF
OFF

S 1/30 S 1/30 MEET MEET

Wk 7

M 1/18

Bolt, 10x20m@100%, 1'

T 1/19

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

W 1/20 OFF

R 1/21

Practice after school

F 1/22

3x Bulls Circuit 15", 10" off, 3'

S 1/23

Same as Tuesday

Sn 1/24 Off Wk 7

M 1/18

Bolt, 10x20m@100%, 1'

T 1/19

3x Mets Circuit, 15" on, 15" off, 3'

W 1/20

Practice after school

R 1/21 OFF

F 1/22

3x Bulls Circuit 15" on, 10" off, 3'

S 1/23

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder DB Squat Jumps</u> 5x4 (moderate weight) <u>DB bench press</u> 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 (@:40)
Side Lunges w/ Dumbbells 3x8

Sn 1/24 OFF

Sn 1/17

OFF

Wk 6 Wk 6 M 1/11 M 1/11 3xMets Circuit, 20" on, 10" off, 3' 3xMets Circuit, 20" on, 10" off, 3' T 1/12 T 1/12 Wall Slides 1x10 Wall Slides 1x10 SLSLDL 3x8 each leg (Single Leg Straight SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these Leg Dead Lift, no weight) We've done these before but in case you need a reminder before but in case you need a reminder DB Squat Jumps 5x4 (moderate weight) DB Squat Jumps 5x4 (moderate weight) DB bench press 4x5 (this can be done on DB bench press 4x5 (this can be done on the floor with knees bent) the floor with knees bent) Towel Pull Ups 3x12 (@:40) Towel Pull Ups 3x12 (@:40) Side Lunges w/ Dumbbells 3x8 Side Lunges w/ Dumbbells 3x8 W 1/13 W 1/13 OFF OFF R 1/14 R 1/14 Bolt, 10x10m@100%, 1' Bolt, 10x10m@100%, 1' F 1/15 F 1/15 Bolt, 6x40m@95%, 4' Bolt, 6x40m@95%, 4' S 1/16 S 1/16 Same as Tuesday Same as Tuesday

Sn 1/17

OFF

Wk 5 Wk 5 M 1/4 M 1/4 Bolt, 20x10m@100%, 1' Bolt, 20x10m@100%, 1' T 1/5 T 1/5 Wall Slides 1x10 Wall Slides 1x10 SLSLDL 3x8 each leg (Single Leg Straight SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these Leg Dead Lift, no weight) We've done these before but in case you need a reminder before but in case you need a reminder DB Squat Jumps 4x6 (moderate weight) DB Squat Jumps 4x6 (moderate weight) DB bench press 4x5 (this can be done on DB bench press 4x5 (this can be done on the floor with knees bent) the floor with knees bent) Towel Pull Ups 3x10 (@:40) Towel Pull Ups 3x10 (@:40) Side Lunges w/ Dumbbells 2x10 Side Lunges w/ Dumbbells 2x 10 W 1/6 W 1/6 OFF OFF R 1/7 R 1/7 Bolt, 2x (10x10m sprints @ 70%, back and Bolt, 2x (10x10m sprints @ 70%, back and forth) 10" rest forth) 10" rest F 1/8 F 1/8 OFF OFF S 1/9 S 1/9 Same as Tuesday Same as Tuesday Sn 1/10 Sn 1/10 **OFF** OFF

Sn 1/3 OFF

Wk 4

M 12/28

Bolt, 6x40m@90%, 4'

T 12/29

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x5 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent) DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench) Towel Pull Ups 4x6 (@:40)

W 12/30 OFF

R 12/31

Bolt, 20x10m sprints, 1'

F 1/1 OFF

S 1/2

Same as Tuesday

Wk 4

M 12/28

Bolt, 6x40m@90%, 4'

T 12/29

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder DB Squat Jumps</u> 5x5 (moderate weight) <u>DB bench press</u> 4x5 (this can be done on the floor with knees bent) DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

W 12/30 OFF

R 12/31

Bolt, 20x10m sprints, 1'

Towel Pull Ups 4x6 (@:40)

F 1/1 OFF

S 1/2

Same as Tuesday

Sn 1/3 OFF Same as Monday

Sn 12/27 OFF

Wk3

M 12/21

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder DB Squat Jumps 5x5 (moderate weight) DB bench press 4x5 (this can be done on the floor with knees bent) DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

T 12/22

Bolt, 16x10m sprints, 1'

Towel Pull Ups 4x6 (@:40)

W 12/23

3x <u>Bulls Circuit</u>, 20" on, 15" off, 3' between sets

R 12/24

Bolt, 10x20m sprints, 1' (yes 1 min, not 2)

F 12/25 OFF

S 12/26

Wk3

M 12/21

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a <u>reminder DB Squat Jumps</u> 5x5 (moderate weight) <u>DB bench press</u> 4x5 (this can be done on the floor with knees bent) DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench) Towel Pull Ups 4x6 (@:40)

T 12/22

Bolt, 16x10m sprints, 1'

W 12/23

3x <u>Bulls Circuit</u>, 20" on, 15" off, 3' between sets

R 12/24

Bolt, 10x20m sprints, 1' (yes 1 min, not 2)

F 12/25 OFF

S 12/26

Same as Monday

Lunge

5 Reps Each Leg

Step-up

5 Reps Each Leg

Sn 12/27 Jump Squat 5 Reps
OFF

S 12/19

Bolt, 12x10m@100%, 30" Sn 12/20

OFF

Wk2 Wk2

M 12/14 M 12/14

Practice starts at **2:25** in the commons Wall Slides 1x10

(throws) then lifting: DB Squat Jumps 6x5 (low weight)

Cleans: 4x5

DB bench press 4x5 (this can be done on

Squats: 4x5 the floor with knees bent)

Bench: 3x5 DB step ups (knee height) 4x5 (you can use

Reverse DB Flys: 3x6 actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

3x Mets Circuit, 15" on, 10" off, 3' between T 12/15

T 12/15

sets Bolt 12x10m@100%, 30"

W 12/16

Wall Slides 1x10

DB Squat Jumps 6x5 (low weight)

Wall Slides 1x10

Squat Jumps 6x5 (no weight)

DB bench press 4x5 (this can be done on

DB bench press 4x5 (this can be done on

the floor with knees bent) the floor with knees bent)

DB step ups (knee height) 4x5 (you can use DB step ups (knee height) 4x5 (you can use

actual steps, a chair, or a bench) actual steps, a chair, or a bench)

Bent-Over DB Row 4x8 Bent-Over DB Row 4x8

R 12/17

OFF

R 12/17

3x Mets Circuit, 15" on, 10" off, 3' between

sets F 12/18

Niekerk, 5 circuits with 30" rest between F 12/18
exercises and 2 min rest between circuits

OFF

Bodyweight Squat 10 Reps

S 12/19 Lunge 5 Reps Each Leg Niekerk, 5 circuits with 30" rest between Step-up 5 Reps Each Leg exercises and 2 min rest between circuits Jump Squat 5 Reps Bodyweight Squat 10 Reps 5 Reps Each Leg Lunge 5 Reps Each Leg Step-up S 12/19 Jump Squat 5 Reps Bolt, 12x10m@100%, 30" Sn 12/20 OFF Sn 12/20 OFF Wk2 Wk2 M 12/14 M 12/14 Practice starts at 2:25 in the commons Wall Slides 1x10 (throws) then lifting: DB Squat Jumps 6x5 (low weight) DB bench press 4x5 (this can be done on Cleans: 4x5 Squats: 4x5 the floor with knees bent) DB step ups (knee height) 4x5 (you can use Bench: 3x5 actual steps, a chair, or a bench) Reverse DB Flys: 3x6 Bent-Over DB Row 4x8 T 12/15 3x Mets Circuit, 15" on, 10" off, 3' between T 12/15 sets Bolt 12x10m@100%, 30" W 12/16 W 12/16 Wall Slides 1x10 Wall Slides 1x10 DB Squat Jumps 6x5 (low weight) Squat Jumps 6x5 (no weight) DB bench press 4x5 (this can be done on DB bench press 4x5 (this can be done on the floor with knees bent) the floor with knees bent)

DB step ups (knee height) 4x5 (you can use

actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

R 12/17 OFF

F 12/18

Niekerk, 5 circuits with 30" rest between exercises and 2 min rest between circuits

Bodyweight Squat 10 Reps

DB step ups (knee height) 4x5 (you can use

actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

R 12/17

3x Mets Circuit, 15" on, 10" off, 3' between

sets

F 12/18 OFF

S 12/19

Niekerk, 5 circuits with 30" rest between exercises and 2 min rest between circuits

Bodyweight Squat 10 Reps

Lunge 5 Reps Each Leg Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 12/20 OFF

Wk1

M 12/7

(OYO) Wall Slides 1x10

DB Squat Jumps 6x5 (low weight)

DB bench press 4x5 (this can be done on

the floor with knees bent)

DB step ups (knee height) 4x5 (you can use

actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

T 12/8

(OYO) 3x Bulls Circuit, 15" on, 10" off, 3'

between sets

W 12/9

OFF

R 12/10 RECORD ON STRAVA

Bolt, 16x10m sprints@ 100%, 1'

F 12/11

Practice after school, (probably short sprints

then lifting)

S 12/12 or Sn 12/13

RECORD ON STRAVA

2x(8x20m@70%, 30") 5'

(Take the other day off)

Wk1

M 12/7

Wall Slides 1x10

DB Squat Jumps 6x5 (low weight)

DB bench press 4x5 (this can be done on

the floor with knees bent)

DB step ups (knee height) 4x5 (you can use

actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

T 12/8

(OYO) 3x Bulls Circuit, 15" on 10" off, 3'

between sets

W 12/9

Practice after school (probably throwing)

R 12/10

Practice after school, (probably short sprints

then lifting)

F 12/11

OFF

S 12/12 or Sn 12/13

RECORD ON STRAVA

2x(8x20m@70%, 30") 5'

(Take the other day off)