

## WORKOUT SCHEDULE 2017 - SPRINTERS/JUMPERS

### Phase 1: Week 1 - Week 4

Monday March 4th	Tuesday March 5th	Wednesday March 6th	Thursday March 7th	Friday March 8th	
<u>Testing</u>	<u>Testing</u>	<u>Speed (Max Speed)</u>	<u>Speed (Acceleration)</u>	<u>Speed (Speed Endurance)</u>	<b>Performance Testing</b> Flying 10s 10 Sec Hill
Dynamic Warm-Up <u>Patriot Power Test (5 stations)</u>	Dynamic Warm-Up/ Form Run Drills <u>Patriot Power Test (5 stations)</u>	Sprint Drills-A Flying 10s x 3 @ Hurdle Flex Plyos- Mercury Abs- A 120m	Sprint Drills-A 5x10s, 4x20s,3x30s (Teach Drive Phase) Hurdle Flex Abs-B 220m	Sprint Drills-B Hill Work- School 2 sets 2x80s (Clock) 7min rest btw sets 2-10 sec drills Abs-Light 500m	
<u>Weights</u> Max Testing	<u>Weights</u> Max Testing	<b>Upper Abs Stg</b> Bench Press Reverse Lunge Chin-Ups Glute/Ham- Bridge Inside-Same	<b>Lower StS</b> Clean Pull Front Squat + Box Jur DB Row Band Glute Series	<b>Lower Abs Stg</b> Back Squat TRX Row Nordic Hamstring DB Bench	
Monday March 11th	Tuesday March 12th	Wednesday March 13th	Thursday March 14th	Friday March 15th	<b>Performance Testing</b> Flying 30 after 1 10 Sec Hill ?
<u>Speed (Acceleration)</u>	<u>X-Factor</u>	<u>Speed (Speed Endurance)</u>	<b>Lower Abs Stg</b>	<b>Weights-B Upper</b>	
Speed Drills-A Flying 30 after 1 x 4 @ Hurdle Flex Abs- C 240m	Speed Drills-A Wickets Start Drills Hurdle-Flex Med Ball- A Plyos-Mercury 120m	Speed Drills-B Hill Work-6th Ave 3x80s (Clock) 3 x 12 sec drill 5 min rest btw reps 500m	Push Press MB Slams Hip Thrust Shoulder Series  *State B-Ball*	Back Squat TRX Row Nordic Hamstring DB Bench  *State B-Ball	
<b>Upper Abs Stg.</b> Bench Press Reverse Lunge Chin-Ups Glute/Ham Bridge  *No School*	<b>Lower StS</b> Clean Pull Front Squat + Box Jur DB Rove Band Glute Series  *No School*	<b>Upper StS</b> Push Press MB Slams Hip Thrust Shoulder Series		<b>Weights-B Upper</b> 3x4 Clean Pulls @ 72 4x5 OH Press @ 77.5 3x Deadlift 3x Push up + 3x Glute Band Series  *State B-Ball	
Monday March 18th	Tuesday March 19th	Wednesday March 20th	Thursday March 21st	Friday March 22nd	<b>Performance Testing</b> Flying 10s 23 Second Drill
<u>Lactate</u>	<u>X-Factor</u>	<u>Speed (Max Speed)</u>	<u>Pre-Meet Prep</u>	<u>SDSU Indoor Invitational</u>	
Sprint Drills-B 23 Second Drill x2 @ Hurdle Flex Abs-B  380m	Sprint Drills-C Med Ball- Partner Wickets Hurdle-Flex  *Gold Card Blitz*	Sprint Drills-A Flying 10s x 3 @ Hurdle Flex Plyos- Venus Block Work 120m	Sprint Drills-A Bound to Sprint 6x60s JV 4x150s Hurdle Flex	4pm <b>Load Bus- 1:45</b> JV- recovery day	
<b>Upper Abs Stg.</b> Bench Press Reverse Lunge Chin-Ups GLute/Ham Bridge	<b>Lower StS</b> Clean Pull Front Squat + Box Jur DB Row Band Glute Series	<b>Upper StS</b> Push Press MB Slams Hip Thrust Shoulder Series	<b>Lower Abs Stg</b> Back Squat TRX Row Nordic Hamstring DB Bench		
Monday March 25th	Tuesday March 26th	Wednesday March 27th	Thursday March 28th	Friday March 29th	<b>Performance Testing</b> Flying 10s 10 Sec. Hill 10 after 1 4X4 Predictor
<u>Speed (Max Speed)</u>	<u>Speed (Speed Endurance)</u>	<u>X-Factor</u>	<u>Speed (Acceleration)</u>	<u>Lactate</u>	
Sprint Drills- A Flying 10s x 3 @ Hurdle Flex Abs-D Plyos- Venus 120m	Sprint Drills-B Hill Work-6th Ave 2 sets 2x100 (clock) 2-12 sec drills 5min rest btw sets 400m	Speed Drills-C Wickets Med Ball-B Hurdle Flex Wall Drills 120m	Speed Drills-A 10 after 1 x 3 @ Hurdle Flex Abs- A Relay Work 100m	Speed Drills-B 4x4 Predictor Hurdle Fle; Abs-A 450m	
<b>Upper Abs Stg.</b> Bench Press Reverse Lunge Chin-Ups Glute/Ham Bridge	<b>Lower StS</b> Clean Pull Front Squat + Box Jur DB Row Band Glute Series	<b>Upper StS</b> Push Press MB Slams Hip Thrust Shoulder Series	<b>Lower Abs Stg</b> Back Squat TRX Row Nordic Hamstring DB Bench		

# of Workouts per System	<b>Speed</b>	Acceleration	3
		Maximum	3
		Endurance	3
	<b>Lactate</b>	Special Endurance	2
		Intensive Tempo	0

<b>Alternative</b>	X Factor	3
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Record-Rank-Publish

Acceleration	10 after 1	"The Start"	1
	30 after 1	"Drive Phase"	
Maximum Speed	Flying 10	"Max Speed"	2
	Flying 30	Hold Max Speed	
Endurance	10 sec. Drill	Hill Workout	2
Lactate	23 Sec. Drill		1
	4X400 Predictor		