

WARM UP (ALL ATHLETES):

EVERY DAY DO REGULAR WARM UP LIKE WE DID AT PRACTICE. THIS INCLUDES 400 METER JOG AND 800 METERS OF THE DYNAMIC RUNNING, WHICH IS ALSO POSTED. THEN 5 MINUTES OF STATIC STRETCHING LIKE WE DID IN OUR ATTENDANCE CIRCLE. SPIDERMAN DRILLS, THEN THROWERS DO YOUR WORKOUT. ALL OTHERS DO THE PLYOMETRIC DRILLS (6) AND 4 ACCELERATIONS. THEN YOU ARE READY TO DO YOUR WORKOUT!!

COOL DOWN:

- **SPRINTERS/JUMPERS/THROWERS:**

ALWAYS DO A 5 MINUTE JOG AT COMPLETION OF WORKOUT. THEN DO 6 SETS (1 SET = 10 push ups + 30 seconds sit ups or 1 minute plank). STRETCH FOR 5 MINUTES, HITTING ALL MAJOR MUSCLE GROUPS. THIS IS VERY IMPORTANT TO AVOID LACTIC ACID BUILD UP, WHICH LEADS TO SORENESS!!!!!!

- **DISTANCE**

DO SAME AS ABOVE BUT A 10 MINUTE JOG

EXAMPLES OF PLYOMETRIC DRILLS:

A-SKIPS

A-MARCH

HI HOW ARE YA (Same leg, fast twitch)

HEY WHAT'S UP (Alternating legs, fast twitch)

HIGH KNEES (Maintain upright posture)

BUTT KICKS

COMBINATION HIGH KNEES, BUTT KICKS

B's

GRAPEVINE

CHERRY PICKERS

TIGHT SKIRTS

RIPPED SKIRT

BACKWARD RUNNING, quick steps

BACKWARD RUNNING hang in air

ANKLING (tiny steps up over ankle)

BACKWARD SKIPPING