

Monett Track wk 1 March 1-5 (Acceleration)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>Testing</p> <p>Bounding Standing LJ Standing TJ 30 m Fly</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>Testing</p> <p>Short sprinters 200 timed</p> <p>Long sprinter 400 timed</p>	<p>Warm-up Game 10-15 minutes</p> <p>Light Circuit</p> <p>Hurdle Mobility</p> <p>Team Bonding</p> <p>Set up HJ and PV pits out</p>	<p>Warm-up Cubs Sprint Tech</p> <p>Plyos Double leg hops Double leg bounds Frog Jumps "Box" jumps 15 yards x 2 each</p> <p>Blocks/ acc 10x10M</p> <p>2 minute rest</p> <p>Abs</p> <p>Cool down</p> <p>100</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>6x200 @ 70%</p> <p>3 minute rest</p> <p>Hip circuit</p> <p>Cool down</p> <p>1200</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>

Monett Track wk 2 March 8-12 (Acceleration)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>Plyos Stadium Single leg Babies Single Leg bigs DBL Leg babies DBL Leg bigs Alt Bonding 2-1</p> <p>Blocks/ acc 5 x 15 m 2 min rest</p> <p>5x25 Sled pulls 2-3 min rest Abs Cool down</p> <p>200</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>Broken 150@ 70% 100-50 Over wick X 8</p> <p>Hip Circuits Cool down</p> <p>1200</p>	<p>Warm-up Game 10-15 minutes</p> <p>Light Circuit/shake out</p> <p>Hurdle Mobility</p> <p>Team Bonding</p> <p>Cool down</p>	<p>Warm-up Cubs Sprint Tech</p> <p>Handoffs /20 m sprint x 5</p> <p>Falling starts 5x20m 1 min rest</p> <p>Abs</p> <p>Cool down</p> <p>200</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>200-150-100-50 X 3</p> <p>SLOW Walk back 50 between reps</p> <p>6 minute rest</p> <p>Abs</p> <p>Cool down</p> <p>1500</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>

Monett Track wk 3 March 15-19th (acceleration)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>Speed pylos Single leg Double leg Lateral hops Skips for HT Skips of Distance</p> <p>Blocks/ acc 5 x 20 m 2 min rest</p> <p>10x15 Hill 2-3 min rest Abs Cool down</p> <p>225</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>200 x 7 70% 2:30 min rest</p> <p>Hip Circuits Cool down</p> <p>1400</p>	<p>Warm-up Game 10-15 minutes</p> <p>Light Circuit/shake out</p> <p>Hurdle Mobility</p> <p>Team Bonding</p> <p>Cool down</p>	<p>Warm-up Cubs Sprint Tech</p> <p>Handoffs /20 m sprint x 5</p> <p>Falling starts 10x20m Wickets</p> <p>Abs</p> <p>Cool down</p> <p>300</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>300 x 5 @ 70-75% 6-7 minute rest HR 120</p> <p>Abs</p> <p>Cool down</p> <p>1500</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>

Monett Track wk 4 March 22-26th (acceleration)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>Plyos Mat jumps Littles R/L Biggs R/L DBI Biggs Split</p> <p>Sprints 5x20 meter hand offs 4x20 block starts 4x25 Competitive starts</p> <p>1:30-2 minute rest</p> <p>Cool down Abs 300</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>250x6 65% Run 200 walk back 50 Sprint</p> <p>5-6 min rest HR 120</p> <p>Abs</p> <p>Cool down</p> <p>1500</p>	<p>Warm-up Game 10-15 minutes</p> <p>Heavy Tech</p> <p>AB Circuit 8 exercises x2 30/30</p> <p>4 min rest between sets</p>	<p>Teach "Competition warm-up"</p> <p>Med ball throws Squat throws Overhead Hammer</p> <p>2x10 each</p> <p>Block starts 2x4 15-20 meters</p>	<p>Neosho Warm up meet</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>

