

March 27th-March 31st

Volume 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tempo Warm up Event work Relays 4x1 HO's 30m x3ea Plyos Hurdle hops 2x10 Static 2x10 Dynamic 2x5 Depth jumps 3 second pause Sprints 4x20 meter wickets 2x30 3x40 Relays cut 2x30 Hurdles 1x1 1x2 3533 x 4	Tempo Warm up 200 3x 250 split 8-12 minute rest 400 3x350 splits 200 Split 23 8-12 minute rest 4x2 hand offs <u>Hip Circuit</u> Cool down	Meet Prep Light Light Event work Hip Mobility Collect equipment Cool down and stretch	M E E T D A Y C A R T H A G E	Event work Med Ball throws 6x50 sprides 80% Cool down, go home.	20-30 minute of steady state activity Walk, Jog, basketball, pickleball Get the heart rate up.