

March 6th-11th

Volume 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Speed</p> <p>warm-up</p> <p>Event work</p> <p>Bonds 4 x 20 yard Dbl Leg Bounds 2x 20 yardsR/L Bounds Alt bounds x2 R-R-L-R x2</p> <p>3x20 over wickets 2x3 25m WT sprint 3x3 25m Block starts</p> <p><b>Relays</b> 4x20 M HO R/G</p> <p>Abs</p> <p>Cool Down</p>	<p>Tempo</p> <p>Warm-up</p> <p><b>200</b> 5x90 Curve w/ Wickets</p> <p>5-6 minute rest</p> <p><b>400</b> 5x140 Curve w/ Wickets</p> <p>6-8 minute rest</p> <p>Hip Circuit Cool down</p>	<p>Rest</p> <p>Event work</p> <p>Circuit Low Explosions High HR</p> <p>Mobility Hurdles</p>	<p>Speed</p> <p>Warm up</p> <p>Event work</p> <p>Med ball Explosions forward 2x8 Backwards 2x8 Forward off box 2x8</p> <p>2x20 over wickets 2x3 15m wt Sprint (acceleration)</p> <p>6x35m Drive phase (Acceleration)</p> <p><b>Relays</b> 4x20 M HO R/G</p>	<p>Tempo</p> <p>Warm up</p> <p><b>200</b> 3x150 Race Pace 1x100 Max</p> <p>5-6 minute rest</p> <p><b>400</b> 3x200 Race pace 1x200 Race pace</p> <p>6-8 minute rest</p> <p>Hip Circuit Cool down</p>	<p>20-30 minute of steady state activity Walk, Jog, basketball, pickleball</p> <p>Get the heart rate up.</p>
Hurdles all sprints over hurdles			Hurdlers all sprints over hurdles		

Speed DAY	Tempo Day	Rest/Events	Speed Day	Tempo Day
PV EDD Walking plant Troutng Plant 8-10 Jumps  HJ Circle Runs Approaches 6 6-8 Scissors  Hurdles EDD Wickets Sled Pulls Troutng Clearances x4 3x3 25 Meters 1x1 1x2 4x3 2x5	PV EDD Walking Plant Troutng Plant  Invert swing drills  8 Perfect Approaches  HJ Circle Runs Dolphin Flips Box Clearance  8 Perfect Approaches  Hurdles EDD  Down and Back x 4	PV Stiff Pole plants x5 Stiff Pole Swing Up x5  Short Jumps x8-10  HJ Circle Runs Approach x4  Slant Board jumps x8-10  Hurdles EDD's  Wall Drills (NEW)	PV EDD Walking Plant Troutng Plant  10-12 Full Jumps  HJ 4-5 Short Approach Jumps  8-10 Full jumps  Hurdles 1x1 1x2 5-3-3-3-3 x 5	PV EDD Walking Plant Troutng Plant  Invert swing drills  8 Perfect Approaches  HJ Circle Runs Dolphin Flips Box Clearance  8 Perfect Approaches  Hurdles  EDD Wall Drills

