

Monett Track wk 1 Feb 25-1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs Sprint Tech</p> <p>PV OTT x 20 3 step into pitt 1 hand and 2 Approach x 10</p> <p>HJ Dolphin jumps Circle Drills Approach x 10</p> <p>Hurdles Tech work 1H x 3 2Hx4</p> <p>Work out Plyos Babies R/L Bigs R/L Double Split jumps</p> <p>4x30 x2</p> <p>Three point starts Block overview</p> <p>Cool Down Hip Circuit Core</p>	<p>Warm-up Gold Warm-up Sprint Tech</p> <p>PV 4-5 step Jumps</p> <p>HJ 4 step jump</p> <p>Hurdles Tech Drills</p> <p>Workout 8x200 Decreasing rest Increasing time</p> <p>Abs</p> <p>Cool down Core</p>	<p>Warm-up Purple Warm-up PICTURE DAY</p> <p>Work out Light circuit</p> <p>Hurdle Walks</p> <p>6-8 Striders</p> <p>Cool down Core Team bonding</p>	<p>Warm-up Cubs Warm-up Sprint Tech</p> <p>PV OTT x 20 3 step into pitt 1 hand and 2 Approach x 10</p> <p>HJ Dolphin jumps Circle Drills Approach x 10</p> <p>Hurdles Tech work 1H x 2 2Hx3 3Hx5</p> <p>Workout sand plyos</p> <p>Sled pulls 6x30</p> <p>Sprints 4x40 4x30</p> <p>Cool out</p>	<p>Practice 5:30-7:30</p>	<p>Warm-up 10-20 minute jog or 20-30 minutes active "play" Example: Basketball, volleyball, hike, football...</p>
	Exercises with varied distance sprints		Stays the same	Hallway if possible Add 1	