**All Athletes do warm-up:**

**800 jog**

**Dynamic Routine:**

Hip Glute Raise (30 sec, 15 rt leg, 15 lf leg)

Lateral leg raises (10-12 each leg)

Medial Leg Raise (10-12 each leg)

Hip Mobility (10-15 reps: Donkey Kicks, Fire Hydrants, Spidermans, Forward hurdles)

**Active Routine:**

10 Squats

20 Alternating High Knees with twist

20 Jumping Jacks

20 Twisties

Lung matric: 5 forward lunges on each leg, five sideway lunges on each leg, 5 backward with knee drive)

10 burpees (instead of sweeps)

10 arm circles forward and back

Hip stretch (3x5 second holds on each leg)

Calf stretch (20 sec each leg)

10 frog jumps

10 leg swings

Shin walks – 200 meters/ 200 jog

**Workout – do event specific work**

Foam roll and stretch

**Workouts for Sprinters, Jumpers, Hurdlers:**

**Monday (12/19)**

4x200m w/ 2 min rest between sets

5x100m max effort

**Tuesday (12/20)**

8x50 m (max effort) w/ 2 min rest after each 50m

**Wednesday (12/21)**

5x50m (max effort) 2 min rest

5x100m (max effort (2 min rest)

**Thursday (12/22)**

10 x 30m (max effort) (4 min rest)

30m bound x 2

30m one-leg bound x 2

30m broad jump x 2

30m skip for height x 2

30m skip for distance x 2

2 x 100m max effort

**Friday (12/23)**

200m max effort

100m max effort

50m max effort

50m max effort

100m max effort

200m max effort

**Saturday (12/24)**

20 min easy run

**Sunday (12/25)**

Active recovery

**Monday (12/26)**

400-300-200-100 (recover what you run) 4 min rest

100-200-300-400 (recover what you run) 4 min rest

4x100m max effort

**Tuesday (12/27)**

10 x 30m max effort

**Wednesday (12/28)**

Fractured 400m: (30 sec rest between each distance, 2 min rest between sets)

·       200-100-100

·       100-200-100

·       100-100-200

·       150-150-100

**Thursday (12/29)**

5 x 50m max effort

5 x 30m max effort

**Friday (12/30)**

20 min tempo run (slow enough to maintain pace, fast enough that you cannot carry on a conversation)

**Saturday (12/31)**

20 min slow jog

**Sunday (1/1)**

Enjoy the day

**Vaulters: Do sprint workouts for conditioning and Vault days if in town are Tues and Thurs this week.**

**Workouts for Throwers:**

**Monday (12/19)**

10 standing throws and then 15 glide/ spin throws

Hang Cleans-5 sets of 8

Back Squats-5 sets of 8

Sit ups-4 sets of 25

**Tuesday (12/20)**

Throw (10 standing 20 glide/spin)

4 Rounds of each

10x burpees

30x sit-ups

50x squats (body weight)

**Wednesday (12/21)**

Warmup

Throw (10 standing 20 glide/spin)

Weightlifting:

Snatch- 5 sets of 8

Bench Press-5 sets of 8

Sit-ups- 4 sets of 25

**Thursday Workout**

Warmup

Throw- (weather may prevent throwing outside.  If so, do 30 glide/spin drills)

Clap push-ups- 5 sets of 10

Lunge jumps-5 sets of 10

**Friday Workout**

Warmup

Throw- (weather may prevent throwing outside.  If so, do 30 glide/spin drills)

1 Set of 25-20-15-10-5 of each exercise:

Push-ups

Lying leg raises

Sit-ups

Squats

**Workouts for Middle and Long Distance**

Workouts posted on Final Surge (workouts listed are for kids that have the most experienced, fitness. Beginners are 1/3rd, middle group 2/3rd for volume).

Monday – 20 min WU, D+S, 20 min tempo, 8 min recovery. 4x200 (200 walk) Fast. 10 min cooldown, Core 1 and weights

Tuesday – 20 min run then 12 x E,M 150 meter hills, continue running 15 min, A stretch and Foam Roll

Wednesday – 15 min WU, D+S, 5x1K’s (200 jog) pace is CV, 5 min break. 4x300 fast with 100 walk and 400 jog recovery. 10 min cooldown, Core 2, weights, foam roll and A stretch

Thursday – 45 minute run, D+S, 8x100 on a relay team – teams of 5. Hurdle mobility

Friday – 30 min run, D+S, 4x400 (with 100 walk, 700 jog). Then 1600 of 100 on and 100 off. 2 lap cooldown, Core 3, weights and foam roll.

Saturday – 60-75 minute run at Wendy’s by Manassas Battlefield

Monday 12/26 – 30 min run on own

Tuesday 12/27 – 15 min run, D+S, 3x4x400 (60 sec, 3 min) 10 min cooldown, 3x150 accelerations. Core 1

Wednesday 12/28 – 45 min run with 12 hills of E,M for 150. Core 2, Weights and foam roll

Thursday 12/29 – 20 min run, D+S, 20 min tempo, 8-10 min break, 4x200 (200 walk), 10 min cooldown, stretch and foam roll

Friday 12/30 – 40 min run and finish at the end of 40 minutes with 2K of 100 on and 100 off. Weights, stretch and foam roll. Core 3

Saturday 12/31 – 60-75 minute run, bands

Monday 1/2 – 20 min run, D+S, 2x1600 @ 2 mile pace (8-10 min), 4x400 @ mile (90 sec-2 min), 4x200 (100 walk, 100 jog) at 800.

10 min jog. Weights, Stretch and foam roll

**Cross Training Options (bike, elliptical, zero runner, etc):**

Do warmup exercises above, then rotate between A-F workouts, and choose a core routine.

1. 10 min easy, 10x1min hard, 1 min easy, 5 min easy – stretch, foam roll
2. 30 min
3. 10 min easy, 1 min hard, 1 min easy, 2 min hard, 1 min easy, 3 min hard, 1 min easy, 4 min hard, 1 min easy, 3 min hard, 1 min easy, 2 min hard, 1 min easy, 1 min hard, 5 min cooldown.
4. 10 min easy, 10 min medium effort, 2 min easy, 5 min medium effort, 2 min easy, 3x1 min hard, 1 min easy. 5 min cooldown.
5. 30 min, then 6x30 hard 30 seconds easy. 5 min cooldown
6. 45 min steady

**Core 1:**

Plank 60 seconds

Side plank 30 sec, switch to other side - 30 sec

Bridge 30 seconds (hips up)

Supermans – 60 seconds

Rowers or kick outs – 20-30 seconds

30 seconds flutter kicks

10-30 pushups

10-15 burpees

30 seconds of super crunches

10-15 frog jumps

Wall sit up to 2 minutes

**Core 2:**

30 seconds Tic Toks (ankle grabbers)

30 seconds Toe touches

10-30 Pushups

Plank 45 seconds, then while in plank position- five right leg raises, 5 left leg raises, 5 RT side steps, 5 LT side steps, back to plank position until 90 seconds has been reached.

30 seconds Mountain climbers

5-7 sideway situps each side

3-10 V-Ups

**Core 3:**

Plank 60 seconds

30 seconds each leg – Climb the rope

30 sec bicycles

10-16 alternating push-ups (wide stance with feet, right hand higher than left, pushup, then switch)

Skydivers (10 second holds x3 in superman position)

10 in and out jump squats

15 froggers

2 min wall sit

“You can't have a million-dollar goal with a one-dollar work ethic.” — Unknown