

September 9<sup>th</sup> – October 5<sup>th</sup> (4 weeks) = **GENERAL SPRINT CONDITIONING PHASE**

October 7<sup>th</sup> – November 23<sup>rd</sup> (7 weeks) = **SPRINT ADAPTATION / SPEED ENDURANCE PHASE** (more running content)

- November 25 – November 30<sup>th</sup> = **Active rest/Thanksgiving Break**

**TBD: December 2<sup>nd</sup> – February 10<sup>th</sup> (10 weeks)**, includes 2 weeks Holiday; content will be based on schedule and intended to prepare for Bay Area All-Comer meet competitions in January

### GENERAL SPRINT CONDITIONING PHASE

2 days a week = **Full Body Dynamic Warm-up** + **GENERAL SPRINT CONDITIONING DAY (~2 hours)**

2 days a week = **JUST CORE (only 7 minutes!)**

1 day a week = **Full Body Dynamic Warm-up** + **HURDLE FORM/MOBILITY (50 minutes)**

**Full Body Dynamic Warm-Up (20 minutes):** 2 lap jog (to get blood flowing HR up), then to the track for form drills. Key Focus is to remember: Sprinting success/foundation is correct posture > stability to grown > power > keep rhythm and timing and strict joint position dictates muscle function; keep the intent there all the time and make every rep be rigid with the prescribed/proper form. Remember, it's OK to exaggerate proper form in drills, better to keep it slow with control, proper form, eyes up, good posture. Here's a simple set of 10 drills, do in this sequence:

- 1) **Shoulder and Neck Warm-Up:** Start with Shoulders: Standing straight up, tall and relaxed, rotate shoulders with arms slightly bent, in big, slow and fluid circles x 10 reps in each direction (rotate shoulders back, then up towards ears, then forward and down) repeat in opposite direction, Next, Neck rotations x 5 reps in each direction; same concept as shoulders, just don't rotate back only shoulder to shoulder...
- 2) **Walking "A" March Drill: 20m x 2 reps** (Key: 3 x 90 degrees = Toe up, heel up, knee up / don't forget arms!)
- 3) **"A" Skips: 20m x 3 reps** (keep emphasis on good rhythm and punch > drive "piston" based motion, keep foot dorsiflex on drive up, higher than 90 degrees knee is OK (knee to chest), maintain good posture by keeping chin slightly leading chest, land on front 1/3 of foot), should experience good hip flexion stretch; keep relaxed, at end of 3<sup>rd</sup> 20m rep, transition to 10-15m 90% effort acceleration run
- 4) **"B" Skips: 20m x 3 reps** (mimic A-Skip; until knee drive is at Apex, then extend leg out in front of you (good hamstring stretch), then "paw" the ground, landing on front 1/3 of foot, at end of 3<sup>rd</sup> 20m rep, transition to 10-15m 90% effort acceleration run
- 5) **High Knees:** Rapid fire, nice hip flexion, elbows tight to body, nice arm range of motion. Same as "A" Skips except faster, keeping toe-up, heel up, knee up and pull heel through (OK to slightly heel strike on this), then trans...
- 6) **"Hot Feet" Drill (NOT butt kickers): 20m x 2 reps** Drive heel to butt, then snap heel through so it touches the glutes and result is high knees and low foot/toe down when sweeping through, then snap through (vs. butt kickers = low knees and foot up and way behind body)
- 7) **"C" Skips: 20m x 2 reps** (combine of "A" Skips + "B" Skips, start 1 up ("A" Skip), then 1 out (to get the groin stretched), then "B" Skip (to stretch ham string) and switch legs; this puts it all together/good stretch...
- 8) **Karaoke: 20m x 2 reps** Running sideways, make sure to twist the hips to loosen up the hip flexor and swing knee high and through to other side, good to loosen up the groin.
- 9) **Sprint Lunge: 20m x 2 reps** Walking straight ahead with proper running form start low in lunge position, then fire up (quad at 90 degrees) big step, dip hips and pop up (simulates coming out of blocks); keep form, including arms perfect
- 10) **Fence Leg Swings:** 20 reps on each leg

## **GENERAL SPRINT CONDITIONING DAY ROUTINE (1.5 hours)**

**Incline Sprints (30 minutes):** 5 reps x ~70m up the path to Boys locker room with emphasis on good form (jog into them from 200m mark and “trigger” for each gear at light poles) build up from 85% -> 90% -> 95% with 4:00 walk-jog recovery in between

**Track Sprints (15 minutes):** 3 x 60m at 90% with 4:00 full recovery in between

**Wall Jumps/Wall Drops (10 minutes):** 10 reps jumping up + jumping down

**Leg Strengthening Options (~20 minutes each, pick only one):**

- a) 2 sets x 20 reps of squats + calf raises + front lunges + donkey kicks + fire hydrants + single leg raise bridge (for quad + glutes) with 4:00 rest in between sets
- b) “frog jumps” 2 x width of football field with 4:00 rest in between + 5 x bleacher 1 leg hops on each leg
- c) Leg weight training circuit OYO (in weight room; be careful to not lift too much weight!)

**Finish with shin splint “goofy walks” prevention exercises + 1 lap barefoot on turf + Stretching (15 minutes)**

**JUST CORE ROUTINE (7 minutes!):** Key = keep it short but intense; this workout that is guaranteed to give you a 6 pack and will burn! <https://www.youtube.com/watch?v=M6VjjM4nMLo>

## **HURDLE FORM/MOBILITY ROUTINE (30 minutes):**

...Suggest doing **Full Body Dynamic Warm-Up (+ 20 minutes)** before

**Line up 5 hurdles back-back and do the following warm-up routine (10 minutes):**

-2 x single leg walkovers (stepping over only one leg between hurdles), switch legs

-2 x double leg walkovers (two legs in between hurdles), switch legs

-2 x double leg march overs from the side-side (switch to other side to switch legs or go back and forth on same side)

-2 x “over-unders” (step over, then turn sideways, step under, repeat), switch direction

**Set a hurdle next to a fence or wall (so you can reach the fence/wall with your hands) (5 minutes):**

-10 x Trail leg circles (make sure lead foot is ahead of hurdle, stay tall, trail leg comes through high/tight), switch legs

-2 x 20 seconds Rain Dance (standing in front of hurdle, drive knee up past hurdle/foot to hurdle; keep it quick), switch legs

**Set up a hurdle against a fence or wall (5 minutes):**

-10 x Lead leg drive (punch lead leg to hurdle, but drive with your knee, not foot (OK for leg to be slightly bent) switch legs

**Set up hurdles 5 in a row ~1.5' feet apart (10 minutes):**

-2 x Walking trail Leg segmented hurdle drill: Walk on outside of hurdles step through with lead leg, snap over trail leg back to the track (keep arms active)

-2 x Skipping trail leg segmented hurdle drill

-2 x Walking lead leg segmented hurdle drill

-2 x Skipping lead leg segmented hurdle drill

**Helpful links and more tips/ques for these Hurdle drills:**

<https://www.youtube.com/watch?v=uMUEyVJjENw>

<https://www.youtube.com/watch?v=lpKk3UQLoHA&list=PL3EB21D93B3CA520C&index=2>