

MONDAY APRIL 13, 2020

GOLD MEDALIST ALISON FELIX



THIS IS PURE SPEED WORKOUT.

BOYS & GIRLS:

1 X 300M - FAST; REST 5 MINUTES

**2 X 150M - FAST; REST 3 MINUTES BETWEEN THE 150'S - REST 5 MINUTES
BEFORE RUNNING THE 100**

1 X 100M - FAST; REST 5 MINUTES

2 X 50M - FAST; WALK BACK

WORLD RECORD HOLDER USAIN BOLT



TUESDAY APRIL 14, 2020

ALL SPRINT DRILLS X 30M

CORE



MED BALL "V" UP TUCKS CIRCLES - 50 EACH DIRECTION



MED BALL FIGURE 8'S - 50 EACH DIRECTION



PUSH UPS - GIRLS 75 REPS BOYS 100 REPS



MED BALL SEATED TWIST - 150 REPS

WEDNESDAY APRIL 15, 2020

HS MILES HUDSON

FORMER WORLD RECORD HOLDER MAURICE GREENE



GIRLS & BOYS:

STARTS: 6 X 20M ON THE STRAIGHT-AWAY

STARTS: 6 X 20M ON THE TURN; 400M OR 200M STARTLINE

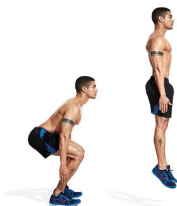
THIS CAN BE DONE WITH OR WITHOUT START BLOCKS. WORKING ON GETTING OUT USING YOUR ARMS AND TAKING A GOOD POWER STEP. KEEPING YOUR HEAD DOWN AND SWING ARMS BIG.

WORLD RECORD HOLDERS ARIES MERRITT AND KENDRA HARRISON



THURSDAY APRIL 16, 2020

CORE STRENGTH



SQUAT JUMPS IN PLACE - 75 REPS



BENCH PUSH UPS - 75 REPS



V UPS - 75 REPS



SPLIT JUMPS IN PLACE - 75 REPS



BENCH PUSH UPS - 75 REPS



TOE TOUCH SIT UPS - 100 REPS

FRIDAY APRIL 17, 2020

GOLD MEDALIST ALISON FELIX



THIS IS PURE SPEED WORKOUT.

BOYS & GIRLS:

4 SETS OF (3 X 50M – WALK BACK IS YOUR REST BETWEEN SPRINTS; REST 5 MINUTES BETWEEN SETS)

WORLD RECORD HOLDER USAIN BOLT



MONDAY APRIL 20, 2020

GOLD MEDALIST ALISON FELIX



THIS IS PURE SPEED WORKOUT.

BOYS & GIRLS:

5 X 200M - FAST; 3 MINUTES REST BETWEEN EACH 200

WORLD RECORD HOLDER USAIN BOLT



TUESDAY APRIL 21, 2020

ALL SPRINT DRILLS X 30M

CORE



MED BALL "V" UP TUCKS CIRCLES - 50 EACH DIRECTION



MED BALL FIGURE 8'S - 50 EACH DIRECTION



PUSH UPS - GIRLS 75 REPS BOYS 100 REPS



MED BALL SEATED TWIST - 150 REPS

WEDNESDAY APRIL 22, 2020

HS MILES HUDSON

FORMER WORLD RECORD HOLDER MAURICE GREENE



GIRLS & BOYS:

STARTS: 6 X 20M ON THE STRAIGHT-AWAY

STARTS: 6 X 20M ON THE TURN; 400M OR 200M STARTLINE

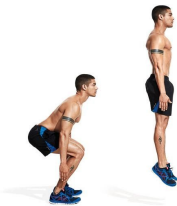
THIS CAN BE DONE WITH OR WITHOUT START BLOCKS. WORKING ON GETTING OUT USING YOUR ARMS AND TAKING A GOOD POWER STEP. KEEPING YOUR HEAD DOWN AND SWING ARMS BIG.

WORLD RECORD HOLDERS ARIES MERRITT AND KENDRA HARRISON



THURSDAY APRIL 23, 2020

CORE STRENGTH



SQUAT JUMPS IN PLACE - 50 REPS



BENCH PUSH UPS - 50 REPS



V UPS - 50 REPS



SPLIT JUMPS IN PLACE - 50 REPS



BENCH PUSH UPS - 50 REPS



TOE TOUCH SIT UPS - 100 REPS

FRIDAY APRIL 24, 2020

GOLD MEDALIST ALISON FELIX



THIS IS PURE SPEED WORKOUT.

**BOYS & GIRLS:
12 X 75M – FAST; WALK BACK AS REST**

WORLD RECORD HOLDER USAIN BOLT



MONDAY APRIL 27, 2020

GOLD MEDALIST ALISON FELIX



THIS IS PURE SPEED WORKOUT.

BOYS & GIRLS:

4 X 300M - FAST; 5 MINUTES REST BETWEEN EACH 300

WORLD RECORD HOLDER USAIN BOLT



TUESDAY APRIL 28, 2020

ALL SPRINT DRILLS X 30M

CORE



MED BALL "V" UP TUCKS CIRCLES - 50 EACH DIRECTION



MED BALL FIGURE 8'S - 50 EACH DIRECTION



PUSH UPS - GIRLS 75 REPS BOYS 100 REPS



MED BALL SEATED TWIST - 150 REPS

WEDNESDAY APRIL 29, 2020

HS MILES HUDSON

FORMER WORLD RECORD HOLDER MAURICE GREENE



GIRLS & BOYS:

STARTS: 6 X 20M ON THE STRAIGHT-AWAY

STARTS: 6 X 20M ON THE TURN; 400M OR 200M STARTLINE

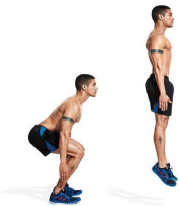
THIS CAN BE DONE WITH OR WITHOUT START BLOCKS. WORKING ON GETTING OUT USING YOUR ARMS AND TAKING A GOOD POWER STEP. KEEPING YOUR HEAD DOWN AND SWING ARMS BIG.

WORLD RECORD HOLDERS ARIES MERRITT AND KENDRA HARRISON



THURSDAY APRIL 30, 2020

CORE STRENGTH



SQUAT JUMPS IN PLACE - 50 REPS



BENCH PUSH UPS - 50 REPS



V UPS - 50 REPS



SPLIT JUMPS IN PLACE - 50 REPS



BENCH PUSH UPS - 50 REPS



TOE TOUCH SIT UPS - 100 REPS