

COMPETITION (TRACK)

Warm Up (activates focus for day): ~15mins

100 Calf Pops, 10 3-way Lunge
10 Single Arm Opposite Squats
10 Single Leg T's, 20 Squat Jumps
20 Side Jumps
20 Double Leg Mountain Climbers
20 Single Leg Mountain Climbers
10 Up-Downs



Station: Mile run (combine groups)

First day of Strong/speed and we want BASELINE marks in some specific skills. One skill is the one mile run. Athletes will start in waves (20s apart) and complete 4 laps of the outdoor track for time.

Station: Hip mobility & flexibility (following mile)

Hip mobility and flexibility are built into our olympic lifts but also get neglected. Set up hurdles 5 HIGH (for athlete to go under) and 5 LOW (for athlete to go over). Go through all 10 hurdles 3 times and follow with range of motion work:

- Fence rotations (forward right, forward left, backward right, backward left)
- Fence swings (swing left, swing right)
- Bird dogs
- Fire hydrants
- Lateral lifts

Station: 5 cone ~6mins (SEE CARD)

Set up TWO of the these: four cones 5 yards apart in a box (1,2,3,4) with a 5th cone in the center (5).

Station: Ropes ~6mins

Quick feet is the ability to pick up feet and put them back in the ground with purpose. The hips cannot go without the feet! Use the ropes to challenge the athletes (RBs should be good):

1. Bunny hop (left foot left side, right foot right side)
2. Skier (bunny hop feet into right side then forward ONE and cross to opposite side) zig and zag...
3. High stepper (left foot every box left side and right foot every box right side)
4. Cross over (left foot every right side box and right foot every left side box)
5. Shuffle (both ways)

Station: Prowler Push (20yds)

- ★ Drive the prowler sled 15 yds and back
- ★ Drive the prowler sled 15yds and then PULL it back

Station: Bleachers

In groups work the bleachers. Focus on explosion up and cadence down. Compete in aisles.

Station: Heavy Cigar Bag Carry (20yds)

Each lane has two identical bags.

1. Farmer Carry - Athlete picks up one cigar with each hand and FARM CARRIES bags 20 yds and returns
2. Fireman Carry - Athlete picks up one bag over their shoulder and carries it 20yds and returns
3. Clean Carry - Athlete cleans the big bag and holds it on chest (balance) to carry it 20yds and returns

Station: Pro Shuttle

Set up cones at 5 yard intervals (3). Start on athlete movement at center. Must touch cone left and then cross middle and touch right cone and finally cross middle again. End time on middle.

Conditioning:

All athletes will run an 800 for time (not to be recorded). Goal is to be 10-20 secs faster than ½ their mile time. After they run the 800 they will complete four 50 yard backward sprints.

Conditioning:

All athletes will run 200s for time (not to be recorded). Goal is to maintain or build time. Start on NE corner of track (curve) and sprint through finish line... walk ⅛ mile to return to start and recover. MAX effort. Full Rest.

Conditioning:

All athletes will run an 400 m run. Full recovery. 200m run. Full recovery. 100m run. Full recovery, 50m.

Conditioning:

Athletes line up on goal line. Two groups. Every 10yd sprint results in a challenge...complete 10 reps of said movement before sprinting next 10yds...

- 10yd Push Ups | 20yd Lunges | 30yd Ground Pound | 40yd Body Squats | 50yd Supermans
- 60yd Switch Lunges | 70yd Diamond PushUps | 80yd Burpees | 90yd Vups | 100yd plank

Conditioning:

Plank Circuit (30 secs each... after line rest for 1 minute)

- Hands: front, side, side
- Elbows: front, side, side
- Ground pound for 45 secs

Core (25 reps each.... Repeat 2 times)

- Single leg V up
- Ankle Pickers
- Crunches (toe touch)