

HORIZONTAL JUMPS - Salisbury University Track and Field

Week 1 Finals Week	SPEED WORK see sprint workout Bounding 4 x 50 meters	JUMP DRILLS & PLYOMETRICS ***see second page	30+ min workout (run or cross train) STATIC STRETCH CORE	2 x 50 strides TECHNIQUE WORK Run Throughs x 4 4 step approach x 4 6 step approach x 4 8 step approach x 2	STADIUM STAIRS (15 Stairs) 2 leg hops x 4 1 leg hops x 4 2 leg half squat x 2 1 leg half squat x 2 1 min on/1 min off x 4	20+ minute workout (run or cross train) STATIC STRETCH CORE
Week 2 Holiday Week	SPEED WORK see sprint workout Bounding 4 x 50 meters	JUMP DRILLS & PLYOMETRICS ***see second page	30+ min workout (run or cross train) STATIC STRETCH CORE	2 x 50 strides TECHNIQUE WORK Run Throughs x 4 3 step approach x 3 5 step approach x 3 7 step approach x 4	PLYOMETRIC CIRCUIT x 4 30 sec each exercise w/ 50 meter stride between sets 1 leg hop in place (left) 1 leg hop in place (right) Squat Jumps Tuck Jumps	20+ minute workout (run or cross train) STATIC STRETCH CORE
Week 3 New Years Week	SPEED WORK see sprint workout Bounding 4 x 50 meters	JUMP DRILLS & PLYOMETRICS ***see second page	30+ min workout (run or cross train) STATIC STRETCH CORE	2 x 50 strides TECHNIQUE WORK Run Throughs x 4 4 step approach x 4 8 step approach x 4	HILL WORKOUT (gradual incline) 4 x 40 meters up Hill 4 x 20 meters up Hill 4 x 40 meters Bound up Hill 4 x 20 meters Bound up Hill	20+ minute workout (run or cross train) STATIC STRETCH CORE
Week 4	SPEED WORK see sprint workout Bounding 4 x 50 meters	JUMP DRILLS & PLYOMETRICS ***see second page	30+ min workout (run or cross train) STATIC STRETCH CORE	2 x 50 strides TECHNIQUE WORK Run Throughs x 4 5 step approach x 3 7 step approach x 3 9 step approach x 4	PLYOMETRICS (High Intensity Only) JUMP ROPE CIRCUIT x 3 Double Leg hops x 30 sec 1 leg hops x 30 sec High Knees x 30 seconds	20+ minute workout (run or cross train) STATIC STRETCH CORE
Week 5	SPEED WORK see sprint workout Bounding 4 x 50 meters	JUMP DRILLS & PLYOMETRICS ***see second page	30+ min workout (run or cross train) STATIC STRETCH CORE	2 x 50 strides TECHNIQUE WORK Run Throughs x 4 6 step approach x 3 8 step approach x 3 10 step approach x 4	STADIUM STAIRS (15 Stairs) 2 leg hops x 4 1 leg hops x 4 2 leg half squat x 2 1 leg half squat x 2 1 min on/1 min off x 4	20+ minute workout (run or cross train) STATIC STRETCH CORE
Week 6	SPEED WORK see sprint workout Bounding 4 x 50 meters	JUMP DRILLS & PLYOMETRICS ***see second page	30+ min workout (run or cross train) STATIC STRETCH CORE	2 x 50 strides TECHNIQUE WORK Run Throughs x 4 8 step approach x 3 10 step approach x 3 12 step approach x 3	PLYOMETRIC CIRCUIT x 4 30 sec each exercise w/ 50 meter stride between sets Split Leg Squat Push-ups Burpees Russian Twist	20+ minute workout (run or cross train) STATIC STRETCH CORE
	SUNDAY, JANUARY 24th First Day of practice. 3:30 PM SHARP @ Maggs	START every workout with a warm-up, dynamic stretch, and sprint drills. END every workout with a cool down and static stretch.	I suggest you take one day off each week for recovery. If you feel the need to workout, work on your flexibility and core on your off day.	Become a student of your event. Read articles/books on your event, watch videos on youtube, etc.	The hard work you do now will payoff in CHAMPIONSHIP SEASON!	FOR CORE WORKOUTS see attachment

WARM-UP

½ Mile

DYNAMIC STRETCHING

(15 meters stretch/15 meter jog x 2 sets)

- 1) High knee walk with pull
- 2) Walking butt kicks with pull – grab the ankle not foot!
- 3) Front lunge into hamstring stretch
- 4) IT Band Pull (pull ankle up)
- 5) Walking Toe Touche
- 6) High kicks

SPRINT DRILLS

(20 meters x 2 sets)

- 1) Ankle Pops
- 2) Side Slides
- 3) Butt Kickers
- 4) A Skips
- 5) B Skips
- 6) Jog w/ Leg Cycle
- 7) Carioca w/ Step Over
- 8) Exaggerated Backward Run
- 9) Build-ups

PLYOMETRICS

HIGH INTENSITY

Perform EITHER 1 or 2

- 1) Jumping over Hurdler (3-5 low hurdles – 1 meter apart)
 - 1) Double Leg Hops
 - 2) Single Leg Hops
 - 3) Alternate between Double and Single **3 sets x 3-5 reps**
 - 4) Combination (LL, RR)
 - 5) Combination (LLR, RRL)
- 2) Jumping over Boxes (3-5 boxes 12-18 inches high)
 - 1) Double Leg Hops
 - 2) Single Leg Hops
 - 3) Alternate between Double and Single **3 sets x 3-5 reps**
 - 4) Combination (LL, RR)
 - 5) Combination (LLR, RRL)

COOL-DOWN

½ Mile

COOL DOWN

Post static stretching for 10+ minutes

- 1) Hamstrings
- 2) Quads
- 3) Calves
- 4) IT Bands
- 5) Groin/Hip Flexors

JUMP DRILLS

Perform drills on a soft surface in running shoes

- 1) Stationary Pop-up (take 1 step into jump) **2 x 12 reps**
- 2) Dynamic Pop-up (take 3 steps into jump) **2 x 12 reps**
- 3) Single Leg Hops (both legs) **2 x 25 meters**
- 4) Bounding **2 x 50 meters**
- 5) Standing Triple Jump (Continuous) **2 x 50 meters**
- 6) Standing Long Jump (Continuous) **2 x 50 meters**

LOW INTENSITY

Choose 2 of the following exercises

- 1) Line Hops
- 2) Cone Hops
- 3) Squat Jumps
- 4) Split Squat Jumps **3 sets x 30 sec (1 min rest)**
- 5) Tuck Jumps
- 6) Wall Taps
- 7) Quick Step-ups