

GENERAL WARM-UP PROCEDURE:

Should be used for both practice AND meets.

Start with a warm-up jog of at least 3/4 of a mile.

400 Meters of Flexibility (25m each)

1. Lunge stretch
2. Side lunge (alternate sides)
3. Flower pickers
4. Frankensteins --100m mark
5. Knee Pulls
6. Heel to Butt Quad stretch
7. Lunge stretch
8. Side lunge --200m mark
9. Flower Pickers
10. Frankenstein
11. Knee Pulls
12. Heel to Butt Quad Stretch --300m mark
13. Front Skip Arm Circle
14. Front Skip Arm Swing
15. Side Shuffled Arm Swing (50m)--400m mark
16. On Fence
 - a. Calf Stretch
 - b. Leg Swings (front & back, side)

Should be followed by your event-specific warm-up.

SPRINT DRILLS

Do drills for particular days.

Use for practice AND meets.

*Do on grass if possible; on backstretch if not.
30-50m each.*

Down

1. A March
3. High Knees
5. Deions
7. 5 Box Jumps (double or single leg)
8. Bounding
10. Butt Kick & Reach

Back

2. A Skips
4. Butt Kicks
6. Deions
9. Bounding

HURDLE MOBILITY

Fence Drills

1. Leg Swings
2. Lead Leg- Left x10
3. Lead Leg- Right x10
4. Trail Leg- Left x10
5. Trail Leg- Right x10
6. Trail Leg Slides- Left x10
7. Trail Leg Slides- Right x10

Walkover Drills (4-6 hurdles)

Alternating Walkovers- x2

Same Leg Walkovers- x2 each leg

Backwards Alternating Walkovers- x2

Backwards Same Leg Walkovers- x2 each leg

Lateral Walkovers- x2 each leg

Lateral Skips- x2 each leg

Over Unders- x2 each leg

Lead Leg Walk- x2 each leg

Trail Leg Walk- x2 each leg

Lead Leg Skip- x2 each leg

Trail Leg Skip- x2 each leg

1 Hurdle Straddled Walkovers- Left x10, Right x10

1 Hurdle Full Walkovers- Left x10, Right x10

5:00 to Flexibility Post-Workout Stretching Routine (15 sec. each leg)

Should be performed following EVERY practice and meet. Can add stretches if you want, but do not skip any.

1. Haunch Squat Stretch (:15)
2. Lunge Stretch (:45)
3. Pigeon Stretch (1:15)
4. Reverse Hurdle Hammy Stretch (1:45)
5. Butterfly (2:00)
6. Seated Glute Stretch (feet over opp. leg, knee to chest) (2:30)
7. Seated Calf Stretch (one bent knee, grab toes of foot w/ opp. leg straight, pull toes back) (3:00)
8. Supine Knee to Chest (lay on back, pull knee up to chest, keep opp. leg straight out) (3:30)
9. Supine Knee to Side (raise knee 90 deg., opp. leg straight, pull knee to side w/ opp. hand) (4:00)
10. Standing Quad Stretch (4:30)
11. Wall Calf Stretch (5:00)

Finish w/ elevated legs on wall/fence for 1:00, shake legs out. Ice as needed.

SC TRACK GENERAL STRENGTH CIRCUITS

Be sure to follow instructions. Do exactly the number of reps assigned (even if you must rest then continue). Do not skip any elements of the circuit. If you do not know how to do a specific exercise, ask.

WATERLOO

1. Prisoner squats
2. V-sits
3. Pushups
4. Back Hypers w/ Twist
5. Rocket Jumps (w/blast-off noises)
6. Leg toss
7. Rocky's
8. Wrestler's Bridge
9. Crunch
10. Push-up Toe walk/Elevated push-up
11. Prone Single-Leg Hip Extension
12. Ankle Alphabets
13. Partner Hammy Lifts

BATAAN

1. Single Leg Squat
2. Feet-Up Toe Touchers
3. Pushups
4. Back Hypers
5. Donkey Kicks (w/donkey noises)
6. Side-ups
7. Lunge Good Mornings (w/spoken greeting)
8. Rocky's
9. Lunge Walk
10. Pushup Toe Walk/Elevated Push-Up
11. Crunch, Low Reach
12. Prone Single Flexed Leg Hip Extension
13. Partner Hammy Lifts

PILLAR

1. V-Sits
2. Back Hypers
3. Leg Toss
4. Wrestler's Bridge Push-Ups
5. Crunch w/ Twist
6. Feet-Up Toe Touchers
7. Back Hypers w/ Twist
8. L-Over
9. Side Ups
10. Double Leg Eagles
11. Bicycles
12. Pelvic Tilt Leg Lift
13. Partner Hammy Lifts

PEDESTAL

1. Prone, Elbow Stand, Single Leg
2. Supine, Elbow Stand, Single Leg
3. Prone, Hand Stand, Single Leg
4. Supine, Hand Stand, Single Leg
5. Lateral, Elbow Stand, Single Leg
6. Lateral, Hand Stand, Single Leg
7. Rocket Jumps
8. Crunch, Low Reach
9. Crunch, Low Reach with Twist
10. Pushups
11. Pelvic Tilt and Hold
12. Ankle Alphabets.
13. Partner Hammy Lifts