

2018 MVHS SPRINTS

Warm-up

2 Laps

Walking Drills (On Toes, on Heels, feet facing in, feet facing out)
- Do approx 20-25 meters then jog through the line

Walking Stretches

Hamstring

Quad

Knee hug straight

Knee hug 90

Lunge

Leg swing forward

Leg swing backward

Movement Drills - 20-25 meters, slowly increase speed of run

Fast high knees

Fast butt kicks

A-skips (rhythmic skip with alternating leg drive up and down)

C-skips (rhythmic skip with leg up then out to the side)

Karaokes

Backward run

Lean forward run x 2

Static stretch / roll 5 mins

Arms

Calves

Groin

Runners stretch (on one knee)

Hip/Butt

Hold fence leg swings forward and sideways

Anything else needing addressing

WORKOUTS

Monday

- Warm-up + Walking drills for shins
 - **3 sets of 300-200-100**
 - Run 300 - walk 300 as rest - Run 200 - walk 200 - Run 100 - walk 100
 - Pace Guys 48 (300) 30 (200) 14 (100)
 - Pace Girls 54 (300) 34 (200) 16 (100)
 - **Core: 30s each exercise, 30s rest**
 - 1. Stomach up plank
 - 2. V-sit with running arms
 - 3. Right side plank full arm extension
 - 4. V-Sit flutter kicks - keep arms out with medball or weight for extra difficulty
 - 5. Swimmers (Lay on stomach, flutter kick with your legs straight and 'swim' your arms simultaneously)
 - 6. Left side plank full arm extension
 - 7. Sit ups with twist (keep feet flat on ground, hands on the side of your head, sit up and twist each direction at the top)
 - 8. Crossed-leg crunches
 - 9. V-sit Scissor kick - keep arms straight, use medball or weight for extra difficulty)
 - 10. Side plank on elbow w/ dip and twist (get in a left-elbow down side plank position and place your right hand on the side of your head. Lower your hips to the ground and back 8x then do 8 twists to the ground with your right elbow aiming to touch. Repeat on the other side)
- **Hip/Glute Circuit**
 - 1. Opposite arm Supermans (lay on stomach, raise left leg and right arm simultaneously, pause, then repeat 15x. do the same on the other arm/leg combo)
 - 2. Out, up, and arounds (Get on all fours, then hover your right knee slightly above the ground. Move your right leg **out** behind you parallel with the ground and toes straight. Raise your leg while keeping toes extended about 8-10 inches **up**. Bring your leg back to the original position by hurdling **around** an imaginary hurdle next to you. Repeat 15x then switch legs.
 - 3. Fire hydrants - (Get on all fours, hover your right knee slightly above the ground. Move your right leg out to the side while maintaining a level back and the same hip-height. 15x then switch legs)
 - 4. Circles - (Get on all fours, raise right leg to the top of a 'fire hydrant' position. Make **small** circles forward 15x then backwards 15x. Switch legs and do the same)

Tuesday

- Warm-up + Walking drills for shins
- **Plyometric Drills**
 - Forward Lunge 20m, run 40m X 4
 - Backward lunge 20m, run 40m X 4
 - Low lunge 20m, run 40m X 4
 - Crab walk 20m, run 40m X 4 each direction
 - EMOM 10 Squats, 20 jumping jacks 10 minutes
 - 10,9,8,7,6,5,4,3,2,1 Burpees / Sit-ups w/ Twist (Do 10 of each, then 9 of each....)
 - 4Mins of 30s on/30s off MT Climbers
 - 4mins of 30s on/30s off Inchworms in place
- **Core**
 - **30 seconds on, 30 seconds rest**
 1. Fast Mountain Climbers
 2. Leg Raises - lay on back, feet together legs extended, raise feet up to 90 degrees and lower
 3. Scissor Kick - On back, feet extended scissor legs alternatively above each other
 4. Flutter Kick - On back, feet extended do small flutter kicks
 5. Right side plank on elbow
 6. Left side plank on elbow
 7. Up-down planks - alternate between a hands plank and elbow plank as quickly as you can w/out your weight shifting around
 8. Bicycles - make sure opposite elbow touches opposite knee at the top
 9. Rope climbers - Lay on back and raise both feet 90 degrees keeping legs straight. Alternate hands touching opposite feet
 10. Bird Dogs - Get on all fours. while keeping back flat and neck aligned raise left leg behind you and right arm in front of you as far as possible. Hold at the top then repeat with other leg.

Wednesday

- Warm-up + Walking drills for shins
 - Hills / Stadium Stairs
 - 6 Long LV hills, 4 Short LV hills or
 - Similar combination at Stevens Creek Hill
 - **Core**
 - **Hold all exercises for 45s, rest for 45s between**
 1. V-sit w/ legs and arms extended
 2. High Plank - on hands
 3. Right side plank - on hand arm extended
 4. Low plank - on elbows
 5. Left Side plank - on hand arm extended
- 30s on 30s off for the following. Go through the list 3x in order**

1. Push-ups
2. Small flutter kicks
3. Alternate opposite hand touches opposite foot at 90 degrees above your waist
4. Mountain climbers

- **Hip/Glute Circuit**

- (On hands and knees)
- 1. Right leg straight behind you w/ toes pointed. Raise from parallel to the ground up ~1 foot. 15x then switch sides
- 2. Right leg behind you bent 90 degrees at the knee w/ toes pointed towards the sky. Raise this leg 15x then switch sides
- 3. Hover your right leg off the ground. Move knee towards your chest then back up and above behind you. 15x then switch sides

- 1. Hip thrusts. Lay on your back then bring your knees towards you with your feet flat on the ground. Keeping only your heels on the ground, push through your heels into the ground and raise your hips in the air. Pause at the top then lower. Repeat 15x
- 2. Get in a side plank on right elbow position. While in the plank, raise your left leg straight up. Repeat 10x then switch sides
- 3. Side plank on right elbow position. While in the plank, bring your left knee to your chest then return. 10x then switch sides

Thursday

- Warm-up + Walking drills for shins
- 6 Laps of in and outs
 - Run 6 laps while alternating between jog, run, and walk every 50 meters.

Jog comfortably for 50m. Run at 80-90% with focus on good form, using arms, good posture, staying relaxed for 50m. Walk 50m. Do this for 6 laps, get water when needed.

- **Plyometric Drills**

- 1. Squat
- 2. Sit-up w/ Twist
- 3. Burpee
- 4. Push-up
- 5. Lunge

Start at 12 reps each then descend until you're at 1 rep each

Perfect form on every single repetition. Attempt to complete the set with as little rest as possible.

- **Core**

- : "Dead Bug Circuit" 30s on 30s rest - active rest, stretch etc while resting
 - Hold pose 30s
 - Left leg / Right Arm Down and back
 - Right leg / Left arm down and back
 - Both arms down and back
 - Hold pose 30s

- 30s on 30s off
 - Two-leg V-position knee to chest
 - Alternate One leg to chest then both, 1 - 1 - Both
 - High Plank w legs out and back
 - Mt. Climber w/ pushup

Friday

- Warm-up + Walking drills for shins
 - **3 x 250**
 - Pace Guys 34
 - Pace Girls 38
 - Rest 6 minutes between 250s
 - **4 x 80** w/ rolling start

- **Core**
 - **30s each exercise, 30s rest**
 - 1. Stomach up plank
 - 2. V-sit with running arms
 - 3. V-Sit flutter kicks - keep arms out with medball or weight for extra difficulty
 - 4. Right side plank full arm extension
 - 5. Swimmers (Lay on stomach, flutter kick with your legs straight and 'swim' your arms simultaneously)
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- **Hip/Glute Circuit**
 - Lie on side. Raise upper leg while keeping toes flexed up and leg turned slightly towards ground

- Lie on side. Upper leg foot flat on the ground and bottom leg pulses up small controlled motion.
- Fire hydrant with full leg extension
- Extended leg behind you alternate side to side as you raise and lower
- Full hip circles forward and back
- One leg hip thrust / hold