

# TITAN TRACK & FIELD

Week 2 (Mar 1-5)

# WORKOUTS - SPRINTS

<b>Lower Leg Work</b>			w e k 2	<b>Cool Down</b>		
1	Toe Raises	x20		1	Park Lap	
2	Toe Taps	x20		2	2 Laps	
3	Foot Rolls	x20		<b>Abs</b>		
4	R Ankle Circles Counter & Clockwise	x20		1	Partner Sit-ups	x25
5	L Ankle Circles Counter & Clockwise	x20		2	Reverse Crunch	x25
<b>Sprint Drills</b>				3	Russian twist	x30
1	Heel walk w/ arms	x2		4	Quadriped	x15 ea
2	Toe walk w/ arms	x2		<b>Stretch</b>		
3	Knee hug walk	x2		1	Figure Four R/L	8 x 2
4	Air Planes	x2		2	90/90 R/L	8 x 2
5	Grouchos forward	x1	3	Knee hug hamstrings R/L	8 x 2	
6	Grouchos backward	x1	<b>Conditioning Flush Circuit</b> Stride 65% in between			
<b>Rythm</b>			1	Aitr Squats	x20	
7	Ankle flips	x2	2	Military PU - explosive clap	x12	
8	Ankle skips	x2	3	Squat Jumps	x12	
9	A Skip	x2	4	Rotational PU - rotate perp.	x8 each	
10	Slow/fast	x2	5	Burpees - ext pu/ft to hips/exp.j	x12	
<b>Build ups</b>			6	Lunges	x12 each	
11	60 m build ups	x3	7	Staggered PU- 1 above sh, bel.	x12	
<b>Acceleration Pattern</b> 1, 1.5, 2, 2.5, 3, 3.5, 4, 4.5, 5.0, 5.5, 6.0 Body Lean, bands, etc.			8	Mountain Climbers	x15 each	
<b>Wall Drills</b> - Static Holds, Foot Strike, March, Quick Exchange, Exchange and stick (3)				RI 4 Minutes		

## Monday

- 1 Roll
- 2 Expectations i.e sweats, compete, reasons
- 3 Sprint Drills
- 4 Lower leg work
- 5 **Workout**  
Continuous Stadium Stairs w/ bands (running x 3) *Focus arms*  
Hill work x 8  
RI - full recovery
- 6 Cooldown
- 7 Stretch

## Wednesday

- 1 Roll
- 2 Expectations i.e sweats, compete, reasons
- 3 Sprint Drills
- 4 Lower leg work
- 5 Review Long exchange (large group, rotating lines x 3)
- 6 **Workout** -  
8 x 200s w long relay handoffs  
(groups of 5 or 7)
- 7 Cooldown
- 8 Stretch

## Friday

- 1 Roll

## Tuesday

- 1 Roll
- 2 Expectations i.e sweats, compete, reasons
- 3 Sprint Drills
- 4 Lower leg work
- 5 Acceleration Pattern / starts (Bands)  
3 w/ bands - 3 wo bands
- 6 **Workout**  
5 x 120 smooth / relaxed RI - Walk back
- 7 Cooldown
- 8 ABS/Stretch (remind re: spikes)

## Thursday

- 1 Roll
- 2 Expectations i.e sweats, compete, reasons
- 3 Sprint Drills
- 4 Lower leg work
- 5 Acceleration Pattern / starts (Bands)  
3 w/ bands - 3 wo bands
- 6 **Workout**  
Intro Starts  
*Returners first then work out (6)*  
*Young second 50s and abs first*  
(review starts first w/ young)
- 7 10 x 50 falling start (turf)
- 8 Cooldown

2 Expectations i.e sweats, compete, reasons

3 Sprint Drills

4 Lower leg work

6 **Workout**

Jimenez Special

7 Cooldown

8 Stretch

9 ABS/Stretch