

# McKendree University

## Track & Field Summer workouts

June 29 – July 5, 2020 wk #5

NO SPIKES!!!

### Monday

1. Acceleration WU
2. Accel. Development 5 x (10m, 20m, 10m, 20m) – standing starts
3. MJ – Rudiment A x 20m w/ hands over head
4. CD – 15' stretching

### Tuesday

1. General WU
2. 5 x 120m 100% effort R – 2' (time & record each one)  
2 a). Throwers 6 x 80m R – 3' (time & record each one)
3. GS – Waterloo 20" on – 20" off
4. CD – Barefoot (if possible) walks 6 x 50m

### Wednesday - off

### Thursday

1. Ascending WU 2
2. 3 x 10m; 3 x 15m (lay on ground on back, turn around as fast as you can & accelerate)
3. MJ – Boo 20" on – 40" off
4. CD – 15' stretching

### Friday

1. General WU
2. 6 x 100m Run – Bound R – 3' (time and record each one)  
2 a). Throwers 6 x 60m Run - Bound R – 4' (time and record each one)
3. GS – Pillar 20" on – 20" off
4. CD – Barefoot (if possible) walks 6 x 50m

### Saturday – off

### Sunday – Active Rest