

McKendree University

Track & Field Summer workouts

July 13 - 19, 2020 wk #7

NO SPIKES!!!

Monday

1. Acceleration WU
2. Accel. Development 4 x (20m, 30m, 20m, 30m) – standing starts
3. MJ – Rudiment A x 20m w/ hands over head
4. CD – 15' stretching

Tuesday

1. General WU
2. 4 x 200m 100% effort R – 3' (time & record each one)
 - 2 a). Throwers 8 x 60m R – 3' (time & record each one)
 - 2 b). Jumpers 4 x 180m R - 3' (time & record each one)
3. GS – Waterloo 40" on – 20" off
4. GS – Pedestal 40" on – 20" off
5. CD – Barefoot (if possible) walks 6 x 50m

Wednesday

1. Dynamic WU 1
2. CD – 15' stretching

Thursday

1. Ascending WU 2
2. 5 x 10m; 4 x 20m (lay on ground on back, turn around as fast as you can & accelerate)
3. MJ – Schexnayder 45" on – 30" off
4. GS – Bataan 40" on – 20" off
5. CD – 15' stretching

Friday

1. General WU
2. 8 x 80m Run – Bound R – 3' (time and record each one)
 - 2 a). Throwers 6 x 60m Straight Leg Bound R – 4' (time and record each one)
3. GS – Pillar 40" on – 20" off
4. CD – Barefoot (if possible) walks 6 x 50m

Saturday – off

Sunday – Active Rest