

McKendree University

Track & Field Summer workouts

August 10 - 16, 2020 wk #11

NO SPIKES!!!

Monday

1. Dynamic WU 1
2. Accel. Development 4 x (20m, 20m, 30m) – 1st 20m standing start then 3 pnt. starts
3. MJ – Rudiment A 2 x 15m w/ hands over head
4. MB - Hill x 10 w/light SP/MB/rock
5. CD #4

Tuesday

1. General WU
2. 2 x 4 x 150m 100% effort R – 3’/5’ (time & record each one)
2 a). Throwers 2 x 4 x 50m R – 2’/4’ (time & record each one)
3. GS - Waterloo x 45sec on : 15sec off
4. GS - Pedestal x 20sec each, no rest
5. CD – Barefoot (if possible) walks 6 x 50m

Wednesday

1. GS - Big 15
2. GS - Verdun x 5 steps each side
3. 15min of mobility

Thursday

1. Distance Max Velocity WU
2. MB - Greene x 10 w/6-16lb SP/MB/Rock
3. Sand Jumps - Paris: 30sec on, 30off
4. CD - Sand Walks
5. Ball roll your plantar fascia & inside of your shin

Friday

1. Ascending WU 3
2. HM #1 x 8h
3. River Circuit- Euphrates & Congo
4. CD - Giovanni

Saturday – off

Sunday – Active Rest