

McKendree University

Track & Field Summer workouts

August 17 - 23, 2020 wk #12

NO SPIKES!!!

Monday

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

Tuesday

1. General WU
2. 2 x 3 x 120m 100% effort R – 3’/5’ (time & record each one)
2 a). Throwers 2 x 3 x 50m R – 2’/4’ (time & record each one)
3. GS - Waterloo x 30sec on : 15sec off
4. GS - Pedestal x 15sec each, no rest
5. CD – Barefoot (if possible) walks 6 x 50m

Wednesday

15min of mobility

Thursday

1. Acceleration WU
2. MB - Greene x 5 w/6-16lb SP/MB/Rock
3. Sand Jumps - Athens: 20sec on, 20off
4. CD - Sand Walks
5. Ball roll your plantar fascia & inside of your shin

Friday

6. Ascending WU 3
7. HM #1 x 8h
8. River Circuit- Mississippi & Themes
9. CD - Giovanni

Saturday – off

Sunday – Active Rest