

**Sprint/Hurdle/Jumps**

**Summer Training Packet 2014**

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**Fall 2014/15 Info**

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**Track Summer Training Information**

* ***All training in the summer is NOT Mandatory until Friday, August 29th. That is, all runs and workouts, should they not occur, will not have repercussions by the coach or institution****.*
* The recommended start date is June 2nd that coincides with the “plan.”
* Please take at least 2 weeks completely OFF after your last competition.
* You may use bearcatsxc.com to track your workouts throughout the summer.
* You must report for your physical appointment during the first week of classes in the fitness center. You must do so to practice.
* You MUST have proof insurance and proof of Sickle Cell Test before you may practice.
* The first Team meeting will be will be at 4pm on Thursday, August 29th meet in bleachers at Leemon Field!
* **NEWS FLASH!!! You will only ever be as good as you allow your body to recover… SLEEP, HYDRATE, EAT RIGHT**

**Avoiding Injuries**

* **Please do not “spike” your training at any time. That means do not train too hard too early!**
* **Stay consistent with surfaces throughout each day. Your body adapts to training surfaces every single run… try not to go from hard road to soft grass during run and certainly not for a long period of time.**
* **Keep track of your shoes. I am not a firm believer in the notion that we must all buy a shoe that is for our foot strike (pronation, etc.); however, if we are in shoes that are poorly constructed, cheap, or old…we WILL have problems.**
* **Do not skip workouts or tasks if you intend for it to “ALL COME TOGETHER.” In the training program, everything is there to ensure fitness and appropriate strength for the elite athlete. If we are to stay healthy and improve within ourselves, we must do it all and not cut.**
* **Be safe and keep the weather in mind!**

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| **KEY** | | |
| Abbr | Term/s | Definition/Science/Explanation |
| SS and/or SH and/or HH | Short Sprints and/or Short Hurdles and/or High Hurdles | As part of this group you will be training for efficiency between 60 and 110m. Your specialty is speed and power, though some of you may have the ability to move up, 200m will be your longest event. Speed, power, flexibility, absolute speed, anaerobic alactic, anaerobic glycolyte. **All SS workouts will be the workouts for Jumpers unless otherwise specified.** |
| LS and/or LH | Long Sprints and/or Long Hurdles | Your specialty and training will be events between 200m and 400m, though several of you will have the ability to and will train for up to 800m. |
| MD | Middle Distance | A middle distance specialist will compete between 400m and 1500m, though training will be centered on the 800m dash/run. |
| LJ | Long Jump |  |
| TJ | Triple Jump |  |
| HJ | High Jump |  |
| VJ | Vertical Jumps | Encompassing the High Jump and Pole Vault |
| HoJ | Horizontal Jumps | Encompassing the Long Jump and Triple Jump |
| Jumps | All Jumps |  |
| Activity | Activity | Basketball, swimming, tennis, biking, etc. |
| W/U | Warm up | Can be found after the calendar. Purpose is to prepare your body for the work you are about to do as well as training within themselves. |
| GS | General Strength | Can be found after the Warmups. These circuits are designed to create strength and fight imbalances within the body. GS circuits are also used as a recovery tool. |
| 3x4x20m w/ 30r – 2min | Workout Abbreviation | 3 sets of 4 reps. 20m is the distance for each rep. 30 seconds rest is between the reps with 2minutes between the sets. EX: 20m – 30s rest, 20m – 30s rest, 20m – 30s rest, 20m – 30s rest, SET 1 COMPLETE rest for 2 minutes. Complete set 2. |
| BTW | Between | Usually refers to the time between sets or workouts. |
| FWD BWD | Forward or Backward |  |
| R | Rest or Recovery | This period is when your body is able to prepare. If you use these days improperly, you will not get better. |

**Elements of the Training Program**

Think of your training in cycles. Each 3 weeks (following the first two intro weeks) have specific goals and aspects of training that allow your body time to adapt before the next cycle. Each cycle will have their own focus though they are not mutually exclusive… **THAT IS, EACH BUILDS ON EACHOTHER!!!**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Macrocycle 1**  **Jun 9–Nov 30 (25 weeks)** | | | | | **Macrocycle 2**  **Dec 1-Jun 7 (27 weeks)** | | | | |
| **Cycle 1**  **2 weeks** | **Cycle 2**  **2 weeks** | **Cycle 3**  **3 weeks** | **Cycle 4**  **3 weeks** | **Cycle 5**  **3 weeks** | **Cycle 1**  **3 weeks** | **Cycle 2**  **3 weeks** | **Cycle 3**  **3 weeks** | **Cycle 4**  **3 weeks** | **Cycle 5**  **3 weeks** |
| **6/09-6/22**  **Begin Activity**  **Introduction to training principles.**  **Preparation for base phase** | **6/23-7/06**  **Introduction to general development of strength, mobility, speed, and endurance** | **7/07-7/27**  **Development of strength, mobility, speed, and endurance** | **7/28-8/17**  **Recovery phase into introduction to progressions. Increase of intensity and frequency of workouts, plyometrics, and speed development** | **8/18-9/07**  **Recovery into fitness testing and evaluation phase at McKendree: MEET WITH HEAD COACH INDIVIDUALLY** | **12/1-12/21**  **Recovery week followed by suggested fitness maintenance over break** | **12/22-1/11**  **Maintenance of fitness**  **Brief training week into competition phase** | **1/12-2/1**  **Competition phase:**  **Achievement of qualification times, etc.** | **2/2-2/22**  **Competition phase:**  **Achievement of qualification times and personal bests**  **MEET WITH HEAD COACH INDIVIDUALLY** | **2/23-3/15**  **Championship Segment**  **NCAA Qualifying GLVC Conference Championships**  **NCAAs** |
| **Cycle 6**  **3 weeks** | **Cycle 7**  **3 weeks** | **Cycle 8**  **3 weeks** | **Cycle 9**  **3 weeks** | **END MACRO ONE** | **Cycle 6**  **3 weeks** | **Cycle 7**  **3 weeks** | **Cycle 8**  **3 weeks** | **Cycle 9**  **3 weeks** | **END MACRO TWO** |
| **9/08-9/28**  **Advanced development of strength, mobility, speed, and endurance: intro to Basic Technique** | **9/29-10/19**  **Development of specific fitness and advanced technical skill:**  **MEET WITH HEAD COACH INDIVIDUALLY** | **10/20-11/09**  **Development of specific fitness and advanced technical skill** | **11/10-11/30**  **Test of ability & improvement**  **Retest of fitness gains and losses evaluated.**  **FAST-CAT TRIALS**  **Establish indoor GOALS** |  | **3/16-4/5**  **Adjustment of technique**  **Preparation for and establish Outdoor season and goals** | **4/6-4/26**  **Competition phase: Achievement of qualification times, etc.** | **4/27-5/17**  **Competition phase:**  **Achievement of qualification times and personal bests**  **MEET WITH HEAD COACH INDIVIDUALLY** | **5/18-6-7**  **Championship Segment**  **NCAAs**  **Recovery Phase** |  |

*The following will be addressed in each of the cycles:*

**STRENGTH**

**SPEED**

**SKILL**

**ENDURANCE**

**FLEXIBILITY**

*Note: Power = Strength + Speed Agility = Skill + Speed Mobility = Flexibility + Skill*

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **SUMMER CALENDAR** | | | | | | |  |
|  | **June** | | | | |  |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |
| **2** | **3** | **4** | **5** | **6** | **7** | **8** |
|  |  |  |  |  |  |  |
| **9 (Cycle 1)** | **10** | **11** | **12** | **13** | **14** | **15** |
| Beginning Activity |  | Begin Activity |  | Begin Activity |  |  |
| **16** | **17** | **18** | **19** | **20** | **21** | **22** |
| **ALL:**  SPD or ACC W/U  800m jog+stretch | **ALL:**  TEM or EXT W/U  800m jog+stretch | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 2mile run, 800m jog | **ALL:**  SPD or ASC W/U  800m jog+stretch | **ALL:**  TEM W/U + Stretch  or  Aqua Jogging for 20min | **ALL:**  1 hour Activity (see key) + stretch | OFF/R |
| **23 (cycle2)** | **24** | **25** | **26** | **27** | **28** | **29** |
| **ALL:**  SPD or ACC W/U  GS SUPERWOMAN x 10 reps w/ 20m sprint after each exercise  Hoth 1set x 10reps 1min rest  800m Cooldown+stretch | **SS/LS:**  TEM or EXT W/U  Hurdle Mobility 2x7 hurdles or air hurdles  GS PURPLE x 10reps  AUX “A” 10 exercise x 12 reps w/ 45s rest  **LS**: 400jog, 10x1min on/30s jog  **JUMPS:** Full W/U for **HoJ**, HJ W/U for **VJ**, Hurdle Mobility, Plyo Circuit, American, CD, Stretch  **ALL:**  CD – Chavez (barefoot) | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 2mile run, 800m jog | **ALL:**  SPD or ASC W/U  + A&B Skips x 20m  GS-YELLOW 5 touches each. Dbl legs on all exercises  Hurdle Mobility 2x8h  AUX “B”  CD – Chavez | **SS/LS:**  TEM W/U  10x80m w/ 1min rest  GS – Dagobah x 15  CD – 400m jog + Kessel  **JUMPS:**  Full warm up, Hurdle Mobility, Hills/Stairs/Bleachers/Sand 8x40m double leg bounding. Walk down w/ 3min rest  Kebba CD | **SS/LS:**  1 hour Activity (see key) + stretch  **JUMPS:**  Active Warm up, Yoga | OFF/R |
| **30** |  |  |  |  |  |  |
| **ALL:**  SPD or ACC W/U  GS SUPERWOMAN x 10 reps w/ 20m sprint after each exercise  Hoth 1set x 10reps 1min rest  800m Cooldown+stretch |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
|  | **July** | | | | |  |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |
|  | **1** | **2** | **3** | **4** | **5** | **6** |
|  | **SS/LS:**  TEM or EXT W/U  Hurdle Mobility 2x7 hurdles or air hurdles  GS PURPLE x 10reps  AUX “A” 10 exercise x 12 reps w/ 45s rest  **LS**: 400jog, 10x1min on/30s jog  **JUMPS:** Full W/U for **HoJ**, HJ W/U for **VJ**, Hurdle Mobility, Plyo Circuit, American, CD, Stretch  **ALL:**  CD – Chavez (barefoot) | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 2mile run, 800m jog | **ALL:**  SPD or ASC W/U  + A&B Skips x 20m  GS-YELLOW 5 touches each. Dbl legs on all exercises  Hurdle Mobility 2x8h  AUX “B”  CD – Chavez | **SS/LS:**  TEM W/U  7x120m w/ 1min rest  GS – Dagobah x 15  CD – 400m jog + Kebba CD | **SS/LS:**  1 hour Activity (see key) + stretch  **JUMPS:**  Active Warm up, Yoga | OFF/R |
| **7(cycle3)** | **8** | **9** | **10** | **11** | **12** | **13** |
| *LIFT DAY 1 (SEE LIFTING PACKET)*  **ALL:**  SPD or ASC W/U  Accelerations-  3xpushup + Sprint Out:  8x10m; 4x15m; 1x20m  5xStanding Vertical Jump  400m jog + 400m backward and sideslide  CD – Kebba | **SS/LS:**  TEM or DES W/U  GS – YAVIN + HOTH x 10reps w/ 45s rest  CD – 800m jog + Stretch  **JUMPS:**  Active W/U, Hurdle Mobility, RED, CHAMPION,  CD – 800m jog + Stretch | ALL:  *LIFT DAY 2 (SEE LIFTING PACKET)*  SPD or ASC W/U  SPRINT DEVEL:  4x50m w/ 5min rest  *Focus: Large range of motion in hips and shoulders. Run to achieve top speed by 60m*  Jump rope 10x30s on w/ 30s rest  CD – 400m jog + 400m backward and sideslide  Foam Roll + Stretch 6min | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 1mile run, 400m jog+400m backward and sideslide | *LIFT DAY 3 (SEE LIFTING PACKET)*  **ALL:**  SPD, ACC, or ASC  **SS:**  HILLS or Sand Run total = 350m for day. 3sets of 4x30m w/ 4min rest, 6min btw sets  **LS:** Same tot. 500m  **JUMPS:**  Full W/U, HurdMob. Hills/Stairs/Bleachers/Sand 8x40m DBL LEG Bounds. Walk down w/ 3min rest  **ALL:** 400m jog + 400m bckwrd, slide  CD - Kebba | **ALL:**  TEM or DES W/U  *On Grass!*  **SS:**  2 sets: 6x60m @ 75% w/ 60rest between rep and 4min between sets  **LS:**  2 sets: 6x80m @ 75% w/ 60rest between rep and 4min between sets  **ALL:**  CD – Kessel x 20m + Roll and light stretch | OFF/R |
| **14** | **15** | **16** | **17** | **18** | **19** | **20** |
| *LIFT DAY 1 (SEE LIFTING PACKET)*  **ALL:**  SPD or ASC W/U  Accelerations-  3xpushup + Sprint Out:  6x10m; 4x15m; 2x20m  5xStanding Long Jump into sand  400m jog + 400m backward and sideslide  CD – Kebba | **SS/LS:**  TEM or DES W/U  GS – YAVIN + HOTH x 10reps w/ 45s rest  CD – 800m jog + Stretch  **JUMPS:**  Active W/U, Hurdle Mobility, RED, CHAMPION,  CD – 800m jog + Stretch | **ALL:**  *LIFT DAY 2 (SEE LIFTING PACKET)*  SPD or ASC W/U  SPRINT DEVEL:  4x50m w/ 5min rest  *Focus: Large range of motion in hips and shoulders. Run to achieve top speed by 60m*  Jump rope 10x30s on w/ 30s rest  CD – 400m jog + 400m backward and sideslide  Foam Roll + Stretch 6min | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 1mile run, 400m jog+400m backward and sideslide | *LIFT DAY 3 (SEE LIFTING PACKET)*  **ALL:**  SPD, ACC, or ASC W/U  **SS:**  HILLS or Sand Run total meters = 350 for day. 3sets of 4x30m w/ 4min rest, 6min btw sets  **LS:** Same tot. 500m  **JUMPS:**  Full W/U, HurdMob. Hills/Stairs/Bleachers/Sand 8x40m DBL LEG Bounds. Walk down w/ 3min rest  **ALL:** 400m jog + 400m bckwrd, slide  CD - Kebba | **ALL:**  TEM or DES W/U  *On Grass!*  **SS:**  12 x 80m @ 80% w/ 90rest between reps  **LS:**  10x100m @ 80% w/ 90rest between reps  **ALL:**  CD – Kessel x 20m + Roll and light stretch | OFF/R |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
| *LIFT DAY 1 (SEE LIFTING PACKET)*  **ALL:**  SPD or ASC W/U  Accelerations-  3xpushup + Sprint Out:  6x10m; 4x15m; 2x20m  5xStanding Long Jump into sand  400m jog + 400m backward and sideslide  CD – Kebba | **SS/LS:**  TEM or DES W/U  GS – YAVIN + HOTH x 10reps w/ 45s rest  CD – 800m jog + Stretch  **JUMPS:**  Active W/U, Hurdle Mobility, RED, CHAMPION,  CD – 800m jog + Stretch | **ALL:**  *LIFT DAY 2 (SEE LIFTING PACKET)*  SPD or ASC W/U  SPRINT DEVEL:  3x50m 1x60m w/ 5min rest  *Focus: Large range of motion in hips and shoulders. Run to achieve top speed by 60m*  Jump rope 10x30s on w/ 30s rest  CD – 400m jog + 400m backward and sideslide  Foam Roll + Stretch 6min | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 1mile run, 400m jog+400m backward and sideslide | *LIFT DAY 3 (SEE LIFTING PACKET)*  **ALL:**  SPD, ACC, or ASC W/U  **SS:**  HILLS or Sand Run total meters = 350 for day. 3sets of 4x30m w/ 4min rest, 6min btw sets  **LS:** Same tot. 500m  **JUMPS:**  Full W/U, HurdMob. Hills/Stairs/Bleachers/Sand 8x40m DBL LEG Bounds. Walk down w/ 3min rest  **ALL:** 400m jog + 400m bckwrd, slide - CD - Kebba | **ALL:**  TEM or DES W/U  *On Track acceptable*  **SS:**  3 sets: 3x30m @ 95% w/ 60rest between reps and 5min btw sets  **LS:**  4x200m @ 90% w/ 2-4min rest between reps  **ALL:**  CD – Kessel x 20m + Roll and light stretch | OFF/R |
| **28(cycle4)** | **29** | **30** | **31** |  |  |  |
| FIVE DAY RECOVERY PHASE  OFF/R | **ALL:**  1 hour Activity (see key) + stretch | OFF/R | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 1mile run, 400m jog+400m backward and sideslide | | |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **August** | | | | |  | |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | | **Su** | |
|  |  |  |  | **1** | **2** | | **3** | |
|  |  |  | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 1mile run, 400m jog+400m backward and sideslide | **SS/LS:**  SPD, ACC, or ASC W/U  **SS:** 3x(3x40m)  **LS:** 1x300m, 2x200m, 1x100m @ 90%  **JUMPS:**  Full W/U, Hurdle Mobility, 6x200m w/ jumpers start, PLANKS 1 set for 30s each, CD – 800m jog + Stretch | **SS/LS:**  1 hour Activity (see key) + stretch  **JUMPS:**  Active Warm up, Yoga | | OFF/R | |
| **4** | **5** | **6** | **7** | **8** | **9** | | **10** | |
| *LIFT DAY 1 (SEE LIFTING PACKET)*  **ALL:**  SPD or ASC W/U  Accelerations-  3xpushup + Sprint Out:  3x10m; 3x15m; 3x20m,  3x30m 5xStanding Long Jump into sand  400m jog + 400m backward and sideslide  CD – Kebba | **SS/LS:**  TEM or DES W/U  GS – YAVIN + HOTH x 10reps w/ 45s rest  CD – 800m jog + Stretch  **JUMPS:**  Active W/U, Hurdle Mobility, RED, CHAMPION,  CD – 800m jog + Stretch | a**ALL:**  *LIFT DAY 2 (SEE LIFTING PACKET)*  SPD or ASC W/U  SPRINT DEVEL:  3x50m 1x70m w/ 5min rest  *Focus: Large range of motion in hips and shoulders. Run to achieve top speed by 60m*  Jump rope 10x30s on w/ 30s rest  CD – 400m jog + 400m backward and sideslide  Foam Roll + Stretch 6min | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 1mile run, 400m jog+400m backward and sideslide | **SS/LS:**  SPD, ACC, or ASC W/U  **SS:** 3x(3x40m)  **LS:** 1x300m, 2x200m, 1x100m @ 90%  **JUMPS:**  Full W/U, Hurdle Mobility, 6x200m w/ jumpers start, PLANKS 1 set for 30s each, CD – 800m jog + Stretch | **SS/LS:**  1 hour Activity (see key) + stretch  **JUMPS:**  Active Warm up, Yoga | | OFF/R | |
| **11** | **12** | **13** | **14** | **15** | **16** | | **17** | |
| *LIFT DAY 1 (SEE LIFTING PACKET)*  **ALL:**  SPD or ASC W/U  Accelerations-  3xpushup + Sprint Out:  2x10m; 2x15m; 4x20m,  4x30m 5xStanding Long Jump into sand  400m jog + 400m backward and sideslide  CD – Kebba | **SS/LS:**  TEM or DES W/U  GS – YAVIN + HOTH x 10reps w/ 45s rest  CD – 800m jog + Stretch  **JUMPS:**  Active W/U, Hurdle Mobility, RED, CHAMPION,  CD – 800m jog + Stretch | **ALL:**  *LIFT DAY 2 (SEE LIFTING PACKET)*  SPD or ASC W/U  SPRINT DEVEL:  3x50m 1x70m w/ 5min rest  *Focus: Large range of motion in hips and shoulders. Run to achieve top speed by 60m*  Jump rope 10x30s on w/ 30s rest  CD – 400m jog + 400m backward and sideslide  Foam Roll + Stretch 6min | **SS:**  1 hour Activity (see key) + stretch  **LS:**  800m jog, 1mile run, 400m jog+400m backward and sideslide | **SS/LS:**  SPD, ACC, or ASC W/U  **SS:** 3x(3x40m)  **LS:** 1x300m, 2x200m, 1x100m @ 90%  **JUMPS:**  Full W/U, Hurdle Mobility, 6x200m w/ jumpers start, PLANKS 1 set for 30s each, CD – 800m jog + Stretch | **Cross Country Moves In:**  **SS/LS:**  1 hour Activity (see key) + stretch  **JUMPS:**  Active Warm up, Yoga | | OFF/R | |
| **18(cycle5)** | **19** | **20** | **21** | **22** | **23** | | **24** | |
| Recovery Week  TEM W/U  Stretch | **ALL:**  1 hour Activity (see key) + stretch | **ALL:**  1 hour Activity (see key) + stretch | **ALL:**  OFF/R | **ALL:**  LIFT DAY 3  TEM W/U  Stretch | **SS/LS:**  1 hour Activity (see key) + stretch  **JUMPS:**  Active Warm up, Yoga | | OFF/R | |
| **25** | **26** | **27** | **28** | **29** | **30** | | **31** | |
| FIRST DAY OF CLASSES | TEM W/U  Stretch | LIFT DAY 2  **SS:**  8x40m w/ 3min rest  **LS:**  6x100m w/ 3min rest | Team Meeting 4pm Bleachers at Leemon Field | First Practice  3:30pm Meet at Track | **SS/LS:**  1 hour Activity (see key) + stretch  **JUMPS:**  Active Warm up, Yoga | | OFF/R | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Long Sprinter Pace per 100m chart (Percentages)** | | | | | | | | |
| 400 Goal | Avg. mps | 70% | 75% | 80% | 85% | 90% | 95% | 100% |
| 60 | 6.67 | 21.4 | 20 | 18.8 | 17.6 | 16.7 | 15.8 | 15 |
| 59 | 6.78 | 21.1 | 19.7 | 18.4 | 17.3 | 16.4 | 15.5 | 14.75 |
| 58 | 6.90 | 20.7 | 19.3 | 18.1 | 17 | 16.1 | 15.2 | 14.5 |
| 57 | 7.02 | 20.4 | 19 | 17.8 | 16.7 | 15.8 | 14.9 | 14.25 |
| 56 | 7.14 | 20.1 | 18.7 | 17.5 | 16.4 | 15.5 | 14.6 | 14 |
| 55 | 7.27 | 19.7 | 18.3 | 17.2 | 16.1 | 15.2 | 14.3 | 13.75 |
| 54 | 7.41 | 19.4 | 18 | 16.9 | 15.8 | 14.9 | 14 | 13.5 |
| 53 | 7.55 | 19.1 | 17.7 | 16.6 | 15.5 | 14.6 | 13.7 | 13.25 |
| 52 | 7.69 | 18.7 | 17.3 | 16.3 | 15.2 | 14.3 | 13.4 | 13 |
| 51 | 7.84 | 18.4 | 17 | 16.1 | 15 | 14.1 | 13.2 | 12.75 |
| 50 | 8.00 | 18.1 | 16.7 | 15.9 | 14.8 | 13.9 | 13 | 12.5 |
| 49 | 8.16 | 17.7 | 16.3 | 15.7 | 14.6 | 13.7 | 12.8 | 12.25 |
| 48 | 8.33 | 17.4 | 16 | 15.5 | 14.4 | 13.5 | 12.6 | 12 |
| 47 | 8.51 | 17.1 | 15.7 | 15.3 | 14.2 | 13.3 | 12.4 | 11.75 |
| 46 | 8.70 | 16.7 | 15.3 | 15 | 14 | 13.1 | 12.2 | 11.5 |
| 45 | 8.89 | 16.4 | 15 | 14.7 | 13.8 | 12.9 | 12 | 11.25 |

**Ascending Warm Up 1 (ASC W/U)**

**800m Jog w/activity @ Exchange Zone**

1. Weave 20m
2. Side shuffle left 20m
3. Side shuffle right 20m
4. Backward run 20m
5. Backward skip (reach) 20m
6. Low skip scoop 20m
7. Jog w/arm circles 20m
8. Jog w/arms across 20m

**Active Isolated Stretching**

1. Calves 5 each side
2. Hamstrings 5 each side
3. Knee to chest 5 each side
4. Adductors 5 each side
5. Pretzel 5 each side
6. Quad side lying 5 each side
7. Kneeling psoas 5 each side
8. Sit & reach (chin to chest) 5 each side
9. Triceps 5 each side

**Dynamic Flexibility**

1. Eagles (front and back) 10 each direction
2. Scissors (front and side) 10 each direction
3. Leg swings (front and side) 10 each direction
4. Trail leg circles 10 each leg
5. Ham reach 10 each leg
6. Leg whips 10 each leg
7. Lead leg pick up 10 each leg
8. Trail leg pick up 10 each leg
9. Fire hydrants 10 each leg
10. Knee to shoulder 10 each leg
11. Hurdle seat rolls 5 each leg
12. Hurdle seat exchange 5 each side

**Sprint Drills**

1. Butt kick 30m
2. A-skip 30m
3. B-skip 30m
4. Dribble over the ankle 30m
5. Fast leg-A’s 30m
6. Fast leg-B’s 30m
7. Dribble over the calf 30m
8. Dribble over the knee 30m
9. Straight leg scissor 30m

**Accelerations**

1. 30-40m 80% walk back
2. 30-40m 85% walk back
3. 30-40m 90% walk back
4. 30-40m 95% walk back

**Descending Warm Up 1 (DES W/U)**

**800m Jog w/activity @ Exchange Zone**

1. Weave 20m
2. Side shuffle left 20m
3. Side shuffle right 20m
4. Backward run 20m
5. Backward skip (reach) 20m
6. Low skip scoop 20m
7. Jog w/arm circles 20m
8. Jog w/arms across 20m

**Static Stretching**

1. Arms behind back (lying) 15 sec.
2. Wrestler’s bridge 15 sec.
3. Sit & reach (chin to chest) 15 sec.
4. Sacroiliac 15 sec.
5. Quad standing 15 sec. each leg
6. Pretzel 15 sec. each leg
7. Lateral squat 15 sec. each leg
8. Deep squat 15 sec.
9. Hamstring on hurdle 15 sec. each leg
10. Calves 15 sec. each leg

**Sprint Drills**

1. Backward skip 20m
2. Backward run (reach) 20m
3. Lateral shuffle 2x20m
4. Carioca 2x20m
5. Butt kick 20m
6. A-skip 20m
7. B-skip 20m
8. Dribble over the ankle 20m
9. Fast leg-A’s 20m
10. Fast leg-B’s 20m
11. Dribble over the calf 20m
12. Dribble over the knee 20m
13. Straight leg scissor 20m

**Dynamic Flexibility**

1. Hip Figure 8’s 10
2. Trail leg circles 10 each leg
3. Side bends 10 each side
4. Leg swings (front & side) 10 each leg
5. Leg whips 10 each leg

**Acceleration Warm Up (ACC W/U)**

**Up and back 20m**

1. Jog alternated w/skipping 4 x’s
2. Side shuffle w/arm swings
3. Skipping backwards w/REACH
4. Sprinter’s Carioca w/aggressive thigh drive
5. Skipping straight leg abductors forward & back
6. Skipping sideways abductors
7. Jumping jacks w/forward movement 10m – jog in
8. Jumping jacks w/backward movement 10m – jog in

**Mobility routine: 10 each**

1. Ankle plantar/dorsiflextion
2. Ankle circles both directions
3. Knee circles
4. Hip circles
5. Trunk circles
6. Trunk side bends
7. Arm circles
8. Shoulder shrugs
9. Sitting w/legs straight – reach up, and then reach to toes
10. Trail leg lift
11. Sitting – legs bent – alternate dropping knees forward
12. Sitting – legs bent – drop both knees side to side
13. Hurdle seat rolls
14. Hurdle seat exchange

**Sprint Drills: 20m up and back**

1. Ankle pops
2. Butt kicks
3. Straight leg bounds
4. A skip
5. B skip
6. C skip
7. Running A’s
8. Walking lunges
9. Backward run FAST
10. 2 x Falling start – 2 pushes
11. 2 x 3 point start – 4 pushes
12. 2 x hop-hop start – 6 pushes
13. 2 x 3 double leg springs w/acceleration through 15m
14. 2 x each leg; standing long jump w/staggered feet, land on back leg – 6 pushes

**Speed Warm-Up (SPD W/U)**

1. 400 – 800m of jogging fwd/bkwd, loose skip and side slide
2. Calf Pushes 2 x 10 ea leg
3. Sideways Leg Swing 1 x 10 ea leg
4. Lying Hamstring 2 x 5 ea leg
5. Hip Flexor Pushes 2 x 5 ea leg
6. Lying Figure 4’s 2 x 5 ea leg
7. Spiderman x 10
8. Loose Skip & arm cross x 30m
9. Scoops x 30m
10. Lunge to Hamstring x 10
11. Loose Skip & Arm Circles fwd/bkwd x 30m
12. Trail Legs x 10 ea leg
13. Carioka x 30m ea direction
14. Acceleration x 30m @ 70%
15. Knee to Chest to Quad Stretch x 5 ea leg
16. Acceleration x 30m @ 75%
17. C- Skip x 20m, jog last 10m
18. Sprinter Carioka (High Knee Carioka) x 30m ea direction
19. Backwards Run (heal to butt) x 30m
20. Acceleration x 30m @ 80%
21. Loose Skip shaking out legs x 30m
22. Loose Skip Backwards x 30m
23. A-Skip x 20m jog last 10m
24. Acceleration x 30m @ 80%
25. Fast A-Skip x 20m, jog last 10m
26. Jog x 30m
27. A-Run x 20m then acceleration x 20m @85% (start w/ a 5m jog in)
28. Walk back
29. Acceleration x 30m @ 90%
30. Loose Skip/ Walk back
31. Alternate Fast Legs x 30m
32. Loose Skip/ Walk back
33. Acceleration x 30m @ 90%... walk back

**Tempo Warm-Up (TEM W/U)**

1. 400-800m of jogging fwd/bkwd, loose skipping and side slides
2. Calf Pushes 2 x 10 ea leg
3. Lying Hamstring x 10 ea leg
4. Hip Flexor Push 2 x 5 ea leg
5. Lying Figure 4’s 2 x 5 ea leg
6. Spidermans x 10
7. Loose Skip w/ Arm Cross x 30m
8. Scoops x 30m
9. Lunge to Hamstring x 10
10. Loose Skip w/ fwd & bkwd Arm Circles
11. Knee to Chest to Quad Stretch x 5 ea leg
12. Spidermans moving forward x 10
13. Acceleration x 30m @ 70%
14. C-Skip x 20m, jog 10m
15. Sprinter Carioka x 30m ea direction
16. Forward/ Sideways Leg Swing x 10 ea way
17. A-Skip x 20m jog last 10m
18. Acceleration x 30m @ 75%
19. Backwards Jog x 30m (heal to butt)
20. Acceleration x 30m @75%, walk back

**Extended Warm-Up (EX W/U)**

1. 400-800m jogging fwd/bkwd, loose skip and side slide
2. 50m Loose Skip & Arm Cross
3. Prisoner Squat x 20
4. 50m Loose Skip & Arm Cross
5. Spiderman x 10
6. 50m Loose Skip w/ Fwd Arm Circles
7. Knee to Chest to Quad Stretch x 10 ea leg
8. 50m Loose Skip Bkwd w/ Bkwd Arm Circles
9. Push-Ups M x 20, W x 10
10. 50m Side Slide w/ Big Arm Swing ea direction
11. Fire Hydrants x 10 ea leg
12. Forward Leg Swings x 10 ea leg
13. 50m Loose Skip w/ Opposite arm circles
14. Walking Lunge w/ Twist x 10 ea leg
15. 50m Loose Skip w/ Opposite arm circles
16. 3 Way Rollovers x 5 (left, middle, right =1)
17. 100m jog
18. High Knee Carioka x 30m ea direction
19. 50m Scoops
20. Acceleration x 50m @ 70%
21. Up and Backs x 10 ea leg (aka Fonda’s)
22. 50m Loose Skip…shake out legs
23. A-Skip x 30m (no arms), jog x 20m
24. 50m Loose Skip…shake out legs
25. 50m Acceleration @ 75%
26. 50m Walk
27. A-Run x 30m (get a 5m jog into it)
28. Loose Skip w/ Arm Cross x 50m
29. Backwards Run x 30m (heal to butt)
30. Backwards A-Skip x 30m, jog 20m
31. 100m Walk
32. 50m A-Run (get a 5m jog into it)
33. 50m Jog
34. 50m Fast Leg (Left Leg only)
35. 50m Fast Leg (Right Leg only)
36. 50m Loose Skip shake out legs
37. 50m Alternate Fast Legs
38. 50m Walk
39. 100m Build Up Run (finish at 80% of top speed)

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| **FULL WARM UP** |  | **ACTIVE WARM UP** |
| **800m jog** |  | **800m (100m Walk, 200m Skip,** |
| 4x30m Stride, walk back |  | **200m backward Jog, 300m Jog)** |
| 1. Heel walk w/ big arms circles |  | 1. 30m Toe Walk |
| 2. Toe walk w/arm cross |  | 2. 30m Stride |
| 3. Walking Knee Hugs |  | 3. 30m Heel Walk |
| 4. Walking Quad Stretch |  | 4. 30m Stride |
| 5. Walking Butterfly |  | 5. 30m skip with big arms |
| 6. Walking Toe Touch |  | 6.30m stride |
| **3X30m Easy stride** |  | 7. 30m backwards skip with big arms backwards |
| **forward/Easy backwards run** |  | 8. 30m stride |
| 7. Donkey kicks X 10 right/left |  | 9. 30m side to side with am crossed |
| 8. Fire Hydrants X 10 right/left |  | 10. carioca |
| 9. Hip circles X 10 each way |  | 11. 10 X Hip circles each way/ 15 X Prisoner squats |
| 10. Leg swings front to back X 10 right/left |  | 12. 30m Walking Lunges/ 30m Walking High Kicks |
| 11. Leg swings side to side X 10 right/left |  | 13. 30m stride with knee hugs |
| 12. A-March |  | 14. 30m A-skip |
| 13. A-Skip |  | 15. 30m stride with knee hugs |
| 14. B-March |  | 16. 30m A-skip |
| 15. B-Drill |  | 17. 30m backwards run |
| 16. Alternate fast leg |  | 18. 30m A-drill |
| **Accelerations: 4X30m** |  | 20. 30m backwards run |
|  |  | 21. 30m A-drill |
|  |  | **Accelerations: 4X30m** |

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| **High Jump Warm Up** |  | **High Jump Warm Up** |
| **A (Beginning)** |  | **B (Continuing)** |
| Length of W/U area x 2 sets bth ways |  | Sideways Leg Swing 2 x 10 (e.l.) |
| Skip, Jog, Backward Jog, Side Slide |  | Hip Flexor 2 x 5 (e.l.) |
| Ankle Push 2 x 10 (e.l.) |  | Ankle Push 2 x 10 (e.l.) |
| Sideways Leg Swing 2 x 10 (e.l.) |  | Lying Figure 4 – 2 x 10 (e.l.) |
| Lying Hamstring 2 x 5 (e.l.) |  | Lying Hamstring 2 x 5 (e.l.) |
| Hip Flexor 2 x 5 (e.l.) |  | Loose Skip w/ Arm Cross |
| Lying Figure 4 – 2 x 10 (e.l.) |  | x Lngth of W/U area (crss frnt/clp bck) |
| Loose Skip w/ Arm Cross |  | Low Walk |
| x Lngth of W/U area (crss frnt/clp bck) |  | Karaoke x Length of W/U area (each wy) |
| Low Walk |  | Acclrtion x Length of W/U area @ 70% |
| Lunge to Hamstring x 10 |  | Double Arm Skips for Distance |
| Loose Skip w/ Arm Cross |  | Pogo Sprints x 2 |
| x Lngth of W/U area (crss frnt/clp bck) |  | Loose Skip w/ Arm Cross |
| Trail Leg x 10 (e.l.) |  | x Lngth of W/U area (crss frnt/clp bck) |
| Karaoke x Length of W/U area (each wy) |  |  |
| Acclrtion x Length of W/U area @ 70% |  |  |
| Sprinter’s Karaoke |  |  |
| Backwards Run |  |  |
| Loose Skip w/ Arm Cross |  |  |
| x Lngth of W/U area (crss frnt/clp bck) |  |  |
| Double Arm Skips for Distance |  |  |
|  |  |  |

**GS Circuits, Cooldowns and Auxiliary Lifts**

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| --- | --- |
| **Yavin** | **Dagobah** |
| Push-ups regular | Rockets (6 count) |
| Chinnies | Side-ups |
| Back Hyper w/twist | Leg Circles In |
| Bicycle | Fondas |
| Push ups Wide | Low Level Bicycle |
| Pelvic Tilt (3 count) | Extenders |
| Reverse Sit up | Leg Circles out |
| Push-Ups Close | Chinnies |
| L-Over (M-L-R) | Side Leg Raise |
| 6” Scissors | Dbl Leg Eagles |
| Pelvic Tilt w/crunch | Pelvic Tilt (3 count) |
| Pelvic Tilt w/bicycles (8count) | Prone Hip Extension (str leg) |
| Back Extension | Superwoman |
| Lunge Good Morning |  |

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| **Coruscant** | **Corellia** | |
| Prone Hip Extension (straight leg) | Low Walk Forward | |
| Prone Hip Extension (bent leg) | Low  Walk Backwards | |
| Spotted Toe Touches | Low Walk Lateral (L&R) | |
| Double Leg Eagles | Lunge Walk | |
| V-Sit | Pushup Walk | |
| Push-Up Toe Walk | **Kessell** |
| Yogis | Heels Walk – Forward | |
| Reverse Yogis | Heel Walk – Backward | |
| Wrestler's Bridge | Toe Walk – Forward | |
| Toe Raises | Toe Walk – Backward | |
| Prisoner Squats | Inside Foot – Forward | |
| Decline Push-ups | Inside Foot – Backward | |
| Closed Squats | Outside Foot – Forward | |
|  | Outside Foot - Backward | |

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| **Tatooine** | **Hoth** |
| Static Lunges (alternating) 1" off ground | Prone, Elbow Stand, Single Leg Raise |
| Easy Reverse Lunges 1" off ground | Supine, Elbow Stand, SL Raise |
| Front Lunge (opp side elbow - inside arch) | Prone, Hand Stand, SL Raise |
| Diag. Lunge (same side elbow - inside arch) | Supine, Hand Stand, SL Raise |
| Front Lunge (knee outside arms) | Lateral, Elbow Stand, SL Raise |
| Mountain Climbers (knee inside arms) | Lateral, Hand Stand, SL Raise |
| Mountain Climbers (knee outside arms) | Prone, Elbow Stand, Flex Knee, Hip Extension |
| Frog Thrusts (both knees outside arms - parallel) | Supine, Elbow Stand, Flexed Knee, Hip Extension |
| Wide Outs | Supine, Hand Stand, Big Circles - Inward |
|  | Supine, Hand Stand, Big Circles - Outward |
|  | Crunch, Low Reach |
|  | Crunch, Low Reach w/twist |

**Caesar Chavez**

Rotations – Head, back, hip, & ankle

Butterfly

Pretzel

Knee to Chest

Knee Across

Hurdlers Stretch

Sit & Reach

Calf & Achilles

|  |  |
| --- | --- |
| **KEBBA Cooldown** | |
| Deltoid Region | Spinal Unwind |
| Tricep Region | Groin Butterfly |
| Oblique – Lat Region | Torso Rotation |
| Groin Region | Erector – Hamstring Region |
| Scapular Region | Scapular – Hamstring Region |
| Hamstring Region | Ilio-Tibial Region |
| Gleut Region | Posterior Leg Region |
| Total Body Strech | Quad – Ankle Region |
| Spinal Supple | Total Thigh Region |
| Roll | Achilles – Gastroc |

**Auxiliary Lifting**

**Aux. A Aux. B**

Eccentric Leg Extensions Single Leg Squats

Lunges Crossover Step-Ups

Eccentric Leg Curls Toe (Calf) Raises

Lunge Walks Arm Curls

Hyperextensions DB Lateral Raise

Shoulder Press Pull-Ups

Lat Pulldowns (behind head) Seated Russian Twist (on shoulders)

Dips Hanging L’s

Bent Over Rows Reverse Hyperextensions (Raise the Legs)

Hyperextensions w/ twist Glute – Ham Raise

Good Mornings Russian Twist w/ Lunge Walk

DB Alt. Toe Touches V-Sits

RDL (Romanian Deadlift) Russian Twist w/ ¼ Squat (Bar on Shoulder)

Russian Twist (overhead) Hanging Knee Lifts

**GS Circuits Continued…**

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| **SUPERWOMAN** |  | **AMERICAN** |
| 1. Superwoman |  | 1. Standing Lunges |
| 2. Normal Sit Up |  | 2. Elevated feet crunch |
| 3. V-Sits |  | 3. Prisoner Squat |
| 4. Straight leg crunches |  | 4. Normal Sit Up |
| 5. SL raise on stomach |  | 5. 45 degree Lunge |
| 6. Twisting Sit Up |  | 6. Bicycles |
| 7. Superwoman w/twist |  | 7. Heel Raise w/hold |
| 8. ¼ sit up |  | 8. Side Sit Up |
| 9. side sit up |  | 9. Side Lunge |
| 10. Elevate feet-raise hips |  | 10. ¼ sit up |
|  |  |  |
| **TORCH** |  | **PURPLE** |
| 1. Side Sit-up |  | 1. Down the middle abs |
| 2. Down the middle abs |  | 2. Suitcases |
| 3. Suitcases |  | 3. Side Sit Up |
| 4. Bicycles |  | 4. SL Raise on back/elbows |
| 5. SL Raise on side (Hand) |  | 5. Normal Sit Up |
| 6. ¼ sit up |  | 6. SL Raise on Stomach |
| 7. SL Raise on side (Elbow) |  | 7. V-Sits |
| 8. Suit Case |  | 8. Iron Man |
| 9. SL Raise on stomach (Elbows) |  | 9. Twisting Sit Up |
| 10. Twisting Sit Up |  | 10. Hip Lift-Side Elbow |
|  |  |  |
|  |  |  |
| **CHAMPION** |  | **YELLOW** |
| 1. Iron Cross |  | 1. Double Leg Pogo (Front/Back) (Left/Right) |
| 2. Windshield Wipers |  | 2. Straight Leg Pogo (Front/Back) (Left/Right) |
| 3. SL Crunches |  | 3. Tuck Jump |
| 4. Superwoman |  | 4. Switch Jump |
| 5. Suitcases |  | 5. Squat Jump |
| 6. V-Sits |  |  |
| 7. Elevated feet-raise hips |  | **GREEN** |
| 8. Bicycles |  | 1. 10X Power Skip Vertical |
| 9. Normal Sit Up |  | 2. 3X5 Hurdle Hops |
| 10. Med Balls |  | 3. 5 Box Jumps |
|  |  | 4. 5X2 Squat Jumps |
| **PLANKS** |  |  |
| 1. Front-elbows |  | **RED** |
| 2. Right Side (elbows) |  | 1. 5 Standing LJ |
| 3. Left Side (elbows) |  | 2. 5 Standing TJ |
| 4. Back (elbows) |  | 3. 3X3 Double Leg Hops |
| 5. Front (hands) |  | 4. SL 2X LLRR |
| 6. Right Side (hands) |  | 5. SL 2XRRLL |
| 7. Left Side (hands) |  |  |
| 8. Back (hands) |  |  |

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| **BABY BOUNDS** |  | **HURDLE MOBILITY** |
| 1. 10 Alternating Bounds |  | 1. 2X walk overs |
| 2. 10 Single Leg L&R |  | 2. 2X Every other |
| 3. 5 LLRR-LLRR |  | 3. 2X 2 front 1 back |
| 4. 5 RRLL-RRLL |  | 4. 2X lateral |
|  |  | 5. 2X Over/under |
| **MEDIUM BOUNDS** |  |  |
| 1. 5 alternate bouds |  | **PLYO CIRCUIT x 2 Sets** |
| 2. 5 single leg bounds |  | 1. Burpees x 10 |
| 3. 3X LLRR-LLRR |  | 2. Mountain Climbers x 20 |
| 4. 3X RRLL-RRLL |  | 3. Squat Jumps x 10 |
|  |  | 4. Push Ups x 6 |
| **MED BALL TOSS** |  | 5. Tuck Jumps x 10 |
| 1. 5 overhead back |  | 6. Tricep Dips x 10 |
| 2. 5 underhand |  | 7. Forward Lunges x 8each leg |
| 3. 5 chest toss |  | 8. Switch Jumps x 6each leg |
| 4. 5 Slam R-L |  |  |
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**IMPORTANT DATES/SCHEDULE FALL 2014**

September 5th - XC- USI-Steggemoller Classic

September 7th - VOLUNTEER – RAMS GAME NOON

September 12th – XC – SIUE

September 21st - VOLUNTEER – RAMS GAME NOON

October 5th - XC- Greater Louisville Classic Louisville, KY

October 11th - XC- LEWIS

October 13th - VOLUNTEER – RAMS GAME 7:30pm

October 15th – JOG-A-THON

October 19th - VOLUNTEER – RAMS GAME NOON

October 25th - XC- Home or Pre-Regionals or Off

November 8th - XC- GLVC Championships Lewis Romeoville, IL

November 16th - VOLUNTEER – RAMS GAME NOON

November 20th and 21st Fast-Cat Trials (Intersquad vs. Alumni) Lebanon, IL

November 22nd - XC- NCAA CC Midwest Regionals – USI Evansville, IN

November 30th - VOLUNTEER – RAMS GAME NOON

December 6th - XC- NCAA Division II Nationals Louisville, KY

December 6th – TF – PRINCIPIA?

December 11th – VOLUNTEER – RAMS GAME 7:25pm

December 21st – VOLUNTEER – RAMS GAME 3:05pm

**IMPORTANT DATES/SCHEDULE SPRING 2015**

January 7th – ALL – Move-In

January 9th - TF – MIZZOU (PARTIAL TEAM)

January 17th – TF – LEWIS (FULL TEAM)

**MCKENDREE UNIVERISTY**

**FALL 2014 ACADEMIC CALENDAR**

Monday, August 4 August Four-Week Classes Begin

Saturday, August 30 August Four-Week Classes End

**August 20-24, 2014 New Student Orientation**

Monday, August 25 Classes Begin

Friday, August 29 Last day to withdraw from a course with a 100% refund

(5th day of class) Last day to add a course\*

Last day to withdraw from a course without receiving a “W”\*

*Monday, September 1 Labor Day – No Classes (Saturday classes will meet on Saturday)*

Tuesday, September 8 Last day to withdraw from a course with a 75% refund

(10th day of class)

Monday, September 22 Last day to withdraw from a course with a 50% refund

Thursday, October 16 1st Half Semester Classes End

*Friday, October 17 Fall Break – No Classes*

Monday, October 20 2nd Half Semester Classes Begin

October 24 – 26 Homecoming

Tuesday, November 4 Last day to withdraw from a full semester course

(50th day of class)

*November 26-30 Thanksgiving Holiday – No Classes (Wednesday – Sunday)*

Friday, December 5 Last Day of Regular Class Sessions

**December 8-11 Final Exams (Monday - Thursday)**

\*These dates apply to full-semester courses. Please see half-semester calendars for one-month, six-week and eight-week withdrawal dates

This calendar and future calendars are available on the McKendree web site:

http://www.mckendree.edu/offices/academic-records/academic-calendar.php