

Jumper workout						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 16th		Jumping warm-up 100 yard plyo Double leg hop Tuck jump- 20 Single leg hop Single tuck- 20 Single leg hop Single leg butt kick- 20 lunge Roll up- 20 (single- 20)		Jumping warm-up Long Jump 3- Broad jump 3- single leg broad jump 5- 3 step approach 5- 5 step approach 3- full approach Triple Jump 5- 20m single leg hop 5- 20m bound 5- 30m triple jump drill 5- standing triple 3- 3 step triple		
FEB 23rd		Jumping warm-up Stairs Circuit 3- high knee every step 3- high knee skip step 3- squat jump 3- single leg hop 10- step ups 10- side step ups 10- single leg bulgarian jump 10- box jumps (elites do 20 instead of 10)		Jumping warm-up Long Jump off plyo box 3- Broad jump 3- single leg broad jump 5- 3 step approach 5- 5 step approach 3- full approach Triple Jump w/resistance 5- 20m single leg hop 5- 20m bound 5- 30m triple jump drill 5- standing triple 3- 3 step triple		
1-Mar		Jumping warm-up snack bar bench 20- box jumps 20- single leg box jumps 20- single leg bulgarian jump 10- scissor jump 20- step up 20- toe taps every box side to side High jump landing practice		Jumping warm-up Approach Long jump 8- step boys 6- step girls Triple 6- steps both Record marks work on 3 zone running		

	<b>Sprint/ hurdle/ jumpe</b>		
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
March 2nd			
March 9th			
March 16th			<b>Practice meet at MHS</b>
March 23rd			

er workout		
Thursday	Friday	Saturday
		Big Cat
		Windsor Relays

**Sprint/ hurdle/jumper workout**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
March 30th	1x325, 2x300 w/12'	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	6x200 w/ 5' at 85% goal- little drop off	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 6th	2 in's and outs- 80m w/7' 350 TT w/ 10' 3x200 w/3'	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	2x250 w/ 10' 2x150 w/ 2'	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 13th	1x300 w/ 10' 1x250w/ 10' 1x200	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	<b>At MHS</b>	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 20th	1x split 400m (run 300, wait 1' then finish the last 100) - all out 1x250w/ 10' and 1x200	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	<b>AT MCHS</b>	hurdles, handoffs, field events, blocks, tempo (1000-1400m)
April 27th	5-6x150 w/ 7' at 90%	hurdles, handoffs, field events, blocks, tempo (1000-1400m)	<b>At Windsor</b>	hurdles, handoffs, field events, blocks, tempo (1000-1400m)

Friday	Saturday
Stanford or 6x150 with 7'	Stanford or recover
Pre-Meet	<b>Twilight At the JC</b>
3xflying 30's w/ 8' 4x150 w/ 7'	<b>Thowers meet at SRHS</b>
Set UP Meet!!!!	<b>VTC</b>
3x300 w/ 10'	Rest!!!!

**Sprint/ hurdle/ jumper workout**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
May 4th	2x60 ins and out, 4x200 W/8'	100m hurdles, field events, block starts, 4x100 handoffs, tempo (1000-1200m)	<b>Meet at MHS</b>
May 11th	1x300 then block work	100m hurdles, field events, block starts, 4x100 handoffs, tempo (1000-1400m)	<b>NBL at Windsor</b>
May 18th	5x60m W/ 8'	100m hurdles, field events, block starts, 4x100 handoffs, tempo (800-1000)	1x200, handoffs
May 25th	2 starts of your race 1 race model	100m hurdles, field events, block starts, 4x100 handoffs, tempo (600-800m)	6x100 tempo

<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
100m hurdles, field events, block starts, 4x100 handoffs, tempo (1000-1400m)	4x150 W/ 7'	20m recovery jog
100m hurdles, field events, block starts, 4x100 handoffs, tempo (1000-1200m)	<b>NBL at Windsor</b>	REST
100m hurdles, field events, block starts, 4x100 handoffs, tempo (800-1000)	PRE-Meet	<b>Redwood meet at SRHS</b>
100m hurdles, field events, block starts, 4x100 handoffs	<b>MOC</b>	<b>MOC</b>