

WOOSTER FIGHTING SCOTS
TRACK & FIELD
SUMMER PROGRAM 2016



NAME: _____

Summer Training 2016

Attached you will find workouts for the summer training program. You may contact me at any time if you have questions.

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Make sure you are lifting- stretching. You do not have to follow this exactly. You can substitute some of the running with swimming, biking, or playing some type of game.

Enjoy your summer. Train with a purpose.

Coach Higginbotham

SPRINTS WARM UP ROUTINE

800 meter jog (**OR 5 MIN.**)

Dynamic Drills (20 meters)

- hug yourself & skip

- arm circles & skip

- side jacks

- walking lunges

- walking quad stretch

- walking knee pulls

- backwards run

- dance kicks

- high knee carioca

Dynamic Stretches

- star roll

- scorpion

- hurdler seat exchange

- fire hydrant leg left

- leg swings (10 each leg)

Sprint Drills (20 meters)

- ankle pops

- pistons

- butt kicks

- A skips

- B skips

- C skips

- fast leg cycle each leg

- high knee sprint x2 (30 meters)

- 3x60m buildups

Week 1 June 27- July 1

Monday

- Warm up - Sprint drills
- 20 minute easy run

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- 15 minute Fartlek (1 minute easy -push for 30 seconds on and off)

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	3 x 10	
Hang Cleans	3 x 5	
Hang Snatch	3 x 5	
Arm Swings – with light weight	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	3 x 10	
Russian Hamstrings	2 sets of 3	
Deadlift	3 x 10	
Leg Curls	3 x 10	
Leg extensions	3 x 10	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press	3 x 10	
Tris/Bi's	3 x 10	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Week 2 July 4- 8

Monday

- Warm up - Sprint drills
- Mile (time yourself)

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- Hills (sample 8) find a hill and up to 500 meters of work

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	3 x 10	
Hang Cleans	3 x 5	
Hang Snatch	3 x 5	
Arm Swings – with light weight	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	3 x 10	
Russian Hamstrings	2 sets of 3	
Deadlift	3 x 10	
Leg Curls	3 x 10	
Leg extensions	3 x 10	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press	3 x 10	
Tris/Bi's	3 x 10	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Week 3 July 11- 15

Monday

- Warm up - Sprint drills
- 20 minute easy run

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- 5 x 200 meter Tempo pace around 75% (work on form)

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	1x10 1x8 1x6	
Hang Cleans	3 x 5	
Hang Snatch	3 x 5	
Arm Swings	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	1x10 1x8 1x6	
Russian Hamstrings	2 sets of 3	
Deadlift	1x10 1x8 1x6	
Leg Curls	1x10 1x8 1x6	
Leg extensions	1x10 1x8 1x6	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press	3 x 10	
Tris/Bi's	3 x 10 (each leg)	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Week 4 July 18-22

Monday

- Warm up - Sprint drills
- 20 minute Fartlek (1 minute easy push for 30 seconds on and off)

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- Build ups (Sample 7)

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	1x10 1x8 1x6	
Hang Cleans	3 x 5	
Hang Snatch	3 x 5	
Arm Swings	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	1x10 1x8 1x6	
Russian Hamstrings	2 sets of 3	
Deadlift	1x10 1x8 1x6	
Leg Curls	1x10 1x8 1x6	
Leg extensions	1x10 1x8 1x6	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press	3 x 10	
Tris/Bi's	3 x 10	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Week 5 July 25 – 29

Monday

- Warm up - Sprint drills
- 20 minute easy run

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- 3x40, 4x60, 2x80 (top speed)

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	2 x8 1x5	
Hang Cleans	3 x 5	
Hang Snatch	3 x 3	
Arm Swings	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	2x8 1x5	
Russian Hamstrings	2 sets of 3	
Deadlift	2x8 1x5	
Leg Curls	1x10 1x8 1x6	
Leg extensions	1x10 1x8 1x6	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press (with bar or barbells)	3 x 10	
Tris/Bi's	3 x 10	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Week 6 August 1- 5

Monday

- Warm up - Sprint drills
- Mile (time yourself)

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- 20 minute Fartlek (1 minute easy push for 30 seconds on and off)

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	2 x8 1x5	
Hang Cleans	3 x 5	
Hang Snatch	3 x 3	
Arm Swings	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	2 x8 1x5	
Russian Hamstrings	2 sets of 3	
Deadlift	2x8 1x5	
Leg Curls	1x10 1x8 1x6	
Leg extensions	1x10 1x8 1x6	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press	3 x 10	
Tris/Bi's	3 x 10	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Week 7 August 8- 12

Monday

- Warm up - Sprint drills
- 6x150meters (tempo pace work on staying tall and great form)

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- Hills (sample 8)

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	3 x 5	
Hang Cleans	3 x 3	
Hang Snatch	3 x 3	
Arm Swings	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	3 x 5	
Russian Hamstrings	2 sets of 3	
Deadlift	3 x 5	
Leg Curls	3 x 5	
Leg extensions	3 x 5	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press	3 x 5	
Tris/Bi's	3 x 5	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Week 8 August 15- 19

Monday

- Warm up - Sprint drills
- 3x20meters, 3x40meters, 2x60, 2x80

Tuesday

- Choose circuit/sample workout

Thursday

- Warm up- Sprint drills
- 8x200m (Tempo work on form)

Friday

- Choose circuit/sample workout

Day 1

Exercise	Reps	Weight
Bench Press	3 x 3	
Hang Cleans	3 x 3	
Hang Snatch	3 x 3	
Arm Swings	2 x 30 seconds	
Chair Taps	2 x 30 seconds	
Hip Machines	3 x 10	
CORE Exercise of your choice		

Day 2

Exercise	Reps	Weight
Back Squat	3 x 5	
Russian Hamstrings	2 sets of 3	
Deadlift	3 x 5	
Leg Curls	3 x 5	
Leg extensions	3 x 5	
Step - Ups	2 x 20	
CORE Exercise of your choice		

Day 3

Exercise	Reps	Weight
3 inch taps for 30 secs	x 3	
Box Jumps (high)	3 x 10	
Step - Ups	2 x 20	
Seated Military Press	3 x 10	
Tris/Bi's	3 x 5	
Pull Ups	2 x Failure	
CORE Exercise of your choice		

Circuit 1

Plyo – Circuit

40 seconds rest in between each exercise 3-minute rest after each set

Complete 3 x

- Squat Pause Jump - 10 reps (1, 2, 3 Jump)
- Split Squat Jump -10 reps each leg (20 total) * USE ARMS*
- High knees – 10 reps each leg (20 total)
- Single Leg Jumps – 10 each leg * USE ARMS*
- Tuck Jumps – 10 reps * USE ARMS*
- Speed Skater (Distance) – 10 reps each leg (20 total)

Circuit 2

Jumping-Bounding Circuit

Complete 4 x

- Side to Side (Short/long) x 10
- Bunny Hops (Distance) x 15 meters
- Single Leg Hops x 15 meters (2)
- Frog Hops x 15 meters
- Bounding x 15 meters (2)

Circuit 3

Cardio Circuit

Complete 2 x

3 minute rest in between in-between sets

- Run 90 Seconds/ Pushups for 30 seconds
- Run 60 Seconds/ Core for 30 seconds
- Run 30 Seconds/ Pushups for 30 Seconds
- Run 15 Seconds/ Core for 30 Seconds

Circuit 4

Cardio Stations

Complete 4 x

- 30 seconds at each station (6 stations)
- Sprint in between each station
- 3 Minute Rest in between circuit
- Jump Rope -----Burpees
- Quick Feet -----Tuck Jumps
- Jumping Jack ----- Mountain Climbers

Circuit 5

Lunges for 10 minutes

- In the same place alternate legs each rep

Sample workout 6

Stadium Stairs x 4-6

- Sprint Stadium Stairs
- Walk/Run Curve
- Steady Build Up on Back 100
- Walk/Run Curve

Sample workout 7

Build Ups x 6 - 8

100 meters

- 30 meter build up to
- 40 meter sprint 85-90%
- 30 meter decline

Equal walk rest

Sample workout 8

Hill Workouts

8 x small hill (short and explosive) about 20 meters

8 x gradual incline hill about 40 meters

Circuit 9

MedBall Toss Circuit

3 x 8 (each exercise)

- Chest pass (with no step)
- Overhead (Front/with step)
- Overhead (Back)
- Side Throw (R/L)
- Squat Throw
- Rotation (Big Circle)
- Hammer Throw (R/L)
- Ground Toss
- Kneel to Push Ups

Circuit 10

Circuit

Complete 3 x with (3 minute break in- between)

- Chair Taps (30 seconds on 30 seconds off x 4)
- Burpees (the most you can do in 1 minute)
- Abs (1 minute planks – front + both sides + 100 crunches)
- Round 1 - Single Leg Jumps x 10
- Round 2 – Split Jumps x 10
- Round 3 - Tuck Jumps x 10

Circuit 11

Deck of Cards

Heart = ABS

Spades = PUSHUPS

Clubs = SQUATS

Diamonds = JUMPING JACKS

Joker = 10 BURPEES

Card Value = amount of exercise (i.e Jack = 11)

6 Cards then sprint down and back (20 yds)

9 total sprints (54 cards)