

TRACK & FIELD WORKOUT #1

BY ANY MEANS BASKETBALL

DYNAMIC WARMUP

- JOG 20 YARDS & BACK X 2
- SLIDE 20 YARDS & BACK
- HAMSTRING SCOOPS X 4 EACH LEG
- KNEE PULLS X 4 EACH LEG
- QUAD PULLS X 4 EACH LEG
- HIP FLEXOR LUNGE X 4 EACH LEG
- GROIN STRETCH X 4 EACH LEG
- ECCENTRIC BODYWEIGHT SQUATS (3 SEC. ON WAY DOWN) X 6
 - SPRINT OUT 10 YARDS ON LAST ONE.
- HIP HURDLES X 6 EACH LEG
 - (PRETEND AS THOUGH YOU'RE STEPPING OVER A HURDLE IN FRONT OF YOU)
- HIP HURDLES DYNAMIC X 6 EACH LEG
 - NOW, PICK UP THE PACE AND DO IT WITH A SKIP.
- 10 YARD ACCELERATIONS X 3
 - REST 30 SEC. IN BETWEEN

SKIP & BOUND SERIES

- POWER SKIP (5 EACH LEG X 3 SETS)
 - ESSENTIALLY SKIPPING AS HIGH AS POSSIBLE.
 - FOCUS ON MINIMIZING TIME ON GROUND, WHILE LANDING IN CONTROL.
 - GET KNEES HIGH ON SKIP.
 - REST 30 SEC BETWEEN REPS
- EURO TO VERTICAL BOUNDS (5 EACH LEG X 3 SETS)
 - BOUND 45° FORWARDS, AS FAR AS POSSIBLE. THEN, DECELERATE RAPIDLY AND JUMP STRAIGHT UPWARD. REPEAT 5 TIMES ON EACH LEG.
 - FOCUS ON SWITCHING QUICKLY FROM FORWARD MOVEMENT TO UPWARD MOVEMENT, AND VICE VERSA.
 - REST 1 MIN BETWEEN REPS
- LATERAL STIFFNESS POGOS (20 EACH DIRECTION X 3 SETS)

- BOTH KNEES SHOULD REMAIN IN AN ALMOST-STRAIGHTENED (BUT NOT FULLY LOCKED) POSITION, AS YOU USE YOUR ANKLE COMPLEX TO BOUNCE Laterally IN A SLIDING-TYPE FOOTWORK.
- REST 30 SEC BETWEEN REPS

5 YARD ACCELERATIONS

- FIVE-YARD ACCELERATIONS FROM EACH OF THESE TWO STARTS:
 - PUSH-UP START X 4
 - KEEP THE FORWARD-LEANING ANGLE INTO YOUR SPRINT.
 - REST 30 SEC BETWEEN
 - SLIDING START X 4
 - SLIDE 2-3 TIMES, SPLIT YOUR OUTSIDE FOOT BACK, AND EXPLODE OFF OF THAT.
 - REST 30 SEC BETWEEN

FLYING ACCELS

- FLYING ACCELS: JOGGING FOR ABOUT 5 YARDS, THEN ACCELERATE AT 100% EFFORT FOR A GIVEN NUMBER OF STRIDES
 - 2-STRIDE FLYING ACCELS (3 ACCELERATIONS = ONE REP. 3 SETS)
 - REST 45 SEC
 - 4-STRIDE FLYING ACCELS (3 ACCELERATIONS = ONE REP. 3 SETS)
 - REST 45 SEC.

BAND WORK

- BAND ACCELERATIONS (3 SETS X 12 STEPS)
 - FOCUS ON LEANING FORWARD IN A 45° ANGLE, AND GETTING KNEES TO 90° EACH STRIDE.
 - REST 1 MIN
- BAND DECELERATIONS (3 SETS X 12 STEPS)
 - DON'T LET PARTNER PULL YOU FORWARD OUT OF CONTROL.
 - REST 30 SEC
- BAND SLIDE-TO-ACCEL (2 SETS EACH SIDE)
 - SLIDE 5 STEPS FULL INTENSITY, INTO A 5 STEP ACCELERATION.
 - REST 45 SEC