

A few reminders:

I want the FULL warmup every day. If the weather allows I want the 8 x 100's on the grass done barefoot. I am obsessed with strengthening the lower foot. If weather is bad, just stay in the flats. Each stride should be a little faster, but none of them is all out. Next do the sprint drills for 30-40 yards. After drills do static stretching (more should be done AFTER workout as research has proven this is the best time to improve flexibility). After static stretching you do the hurdle walk through drills and fence swings. Then you do the arm weights and jump ropes. Next is the dummy drill and the box hops. Then take a minute and do the main workout. After the workout do the backward running and easy walking, jogging to cool down.

This first week is designed to get back into the groove of daily training and get a little bit more conditioning base before we start hitting the meets every weekend. Working you hard is up to me and getting the recovery-rest needed is up to you.

Main workouts for 2 week period:

Mon 1/5 Warmup; 4 approaches on track area; 6 approaches on jump area. You must "feel" these as well as "do" them. We must get where we have total trust in our approach. You cannot be trying to "think and do" at the meets. Create an approach that has a groove and then just go to the meet and be an athlete. Use the mind to visualize ahead of time, but when you step on the runway, trust your practices and your approach and just run and jump! Weights in the weight room
Tue 1/6 Warmup; 6 x 200 (M=27-28 & W=29-30) This is a little slower than when we left to allow you to adjust to working out here under supervision again. You have an exact 2 minute rest between each one.

Wed 1/7 Warmup; 4 approaches on track area; 6 approaches on jump area. We will do some of our "weights" on the track and will call that Plyo day for the rest of the season. See attached sheet for that.

Thu 1/8 Warmup; 10 x 150 with a 50 meter walk. Make these smooth with good form, but stay in flats.

Fri 1/9 We will all workout at 3:00 as we have a High School Coaches clinic and we are allowing them to watch one of our practice. Today is a jump day for you. 4 x regular black box with a jog into it. 4 x small black box with a stride into it. 4 x pop up for height-towel drill. On all three of these you are working on the right feel and coordination of the last 2 steps of the jump. Remember that while you must set up the jump, you must also—very critical---run "through" the takeoff, NOT to it. You must really drive (push) off the next to last step onto a shortened last step trying to drive the off knee through quick and high. Make sure you understand this and try to improve it when doing the box drills. Last thing is to do 6 short approach jumps. Get a mark where you don't have to think and really sprint through the takeoff. Be quick!! Rest 5-7 minutes and finish with 1 hard 150 timed.

Sat 1/10 2:00 workout. Warmup; weights in weight room.

Sun 1/11 REST

Mon 1/12 10 x 150 with a 50 meter walk. Weights in weight room.

Tue 1/13 Warmup; 2 x each black box drill; 6 x approaches; 6 x short approach jumps; 1 x 150 hard and timed.

Wed 1/14 Warmup; Plyo day.

Thu 1/15 travel

Fri 1/16 first meet of 2004 @ Arkansas. Great place to start the season. A journey of 1000 miles begins with one step.

Sat 1/17 return home

Sun 1/18 2:00 workout. Warmup; weight in weight room.

**New pattern based on what we accomplished with this one or what we failed to accomplish.