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| **Week of 3/16 – 400M** |  |  |  |  |
| **Monday, 3/16/20** | **Tuesday, 3/17/20** | **Wednesday, 3/18/20** | **Thursday, 3/19/20** | **Friday, 3/20/20** |
| * **Out of School Plan**
 |  |  |  |  |
|  |  |  |  |  |
| * Warm-ups
* Ground Drills, Dynamics, Build-ups
* 4 X 40M, Fast, rest 45 secs/rep
* 1 x 450m, 90% 400m pace, rest 15 mins
* 2 x 200m, 75%, rest 30 secs/rep
* Cool Down
* **Note: Weights**
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* 3 x 350m, 90%, rest 5 mins/rep
* 2 x 200m, 75%, rest 30 secs/rep
* Cool Down
* **Note: Weights**
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* 1 x 320m, 100%, rest 15 mins
* 3 x 200m, 75%, rest 30 secs/rep
* 5 x 100m Short Hills, 90%, rest walk back,
* Cool Down
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* 4 x 160m–160m–80m, rest 30 secs/rep and rest 5 mins between sets
* Cool Down
* **Note: Weights**
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* 6 x 200m, 90%, rest 5 mins/rep
* Cool Down
* 400 Core Circuit
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| **Week of 3/16 – 800M** |  |  |  |  |
| **Monday, 3/16/20** | **Tuesday, 3/17/20** | **Wednesday, 3/18/20** | **Thursday, 3/19/20** | **Friday, 3/20/20** |
| * **Out of School Plan**
 |  |  |  |  |
|  |  |  |  |  |
| * Warm-ups
* Ground Drills, Dynamics, Build-ups
* Training Run (45 mins to 90 mins), your choice
* Cool Down
* **Note: Weights**
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* 3 x 400/200/200: 90%, 2 min. rest/ rep & 5 min. rest/ set
* Cool Down
* **Note: Weights**
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* Training Run (30 mins)
* 8 x 100m, 95%, rest 2 mins
* Cool Down
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* Training Run (45 mins)
* Cool Down
* **Note: Weights**
* 400 Core Circuit
 | * Warm-ups
* Ground Drills, Dynamics, Build-ups
* 3 x 300m, 90%, 5 min. rest
* Cool Down
* 400 Core Circuit
 |

**Acceleration Starts (10m):**

* **Partner Push Starts, Stomach (Ground Starts),** Falling, Quick Feet, Side-to-Side Jump, 2 PT, One-knee, 3 PT, Sled (pulling), Sled (pushing)

**Weight Room Workouts:**

**Tuesday (Day #2) - Upper Body:**

* Bench @ 75% 3 x 8
* Hang Cleans @ 75% 3 x 8
* Snatches @ 60% of Cleans max 3 x 8
* Dips/Triceps Extensions 4 x 15/10 (Superset)
* Bicep Curls 4 x 10
* Forward Military Press 2 x 10
* Backward Military Press 2 x 10
* Back Extensions 4 x 6
* Core – Planks (All Directions) - 4 x 60 sec holds

**Monday (Day #1) – Lower Body:**

* Deadlift 3 x 6
* Superset:
	+ SL Squats (bar) each leg 3 x 6
	+ SL HOPS on bench each leg 3 x 6
* Superset:
	+ Box Squats 3 x 6
	+ Bench 2 Box Jump 3 x 3
* Superset:
	+ Cleans 3 x 6
	+ Bench and Hop 3 x 6
* Core – Hanging AB Series
* Bent Knee 2 x 10
* Straight Leg 2 x 10
* Side 2 Side 2 x 10
* Straight Leg 3 sec holds 2 x 10
* Weighted BL Holds 3 x 10 – 30 secs

**Thursday (Day #3) – Light & Fast:**

* DB SL Squats w/ Bench 3 x 3
* Cleans 3 x 3
* Cable Arm Sprint Pull (each arm) 3 x 4
* Shrugs Trip Extensions 3 x 3
* Hyper Extensions 3 x 6
* Core – 400 Reps

**Functional Bodyweight Circuit (optional when not using weights):**

**Session 2:**

**2 - 3 Sets / Time each exercise for 30 – 45 seconds, Rest: 45 seconds per exercise and 2 minutes rest per set**

* Prisoner Squats
* Crunches
* Push-ups
* Bicycle Abs
* Alternating Lunges (in-place)
* Superman’s
* Bench Dips
* Toe Touches
* Side-Lying Leg Raises
* Supine Hip Extensions

**Session 1:**

**2 - 3 Sets / Time each exercise for 30 – 45 seconds, Rest: 45 seconds per exercise and 2 minutes rest per set**

* Single Leg Hops (in-place)
* Donkey Kicks
* Single Leg Hip Raises
* Step Ups
* Single Leg Lunges w/ dumb bells
* Single Leg Lunge Jumps
* Lung Jumps (alternating legs)
* Single Leg Squats
* Single Leg Box Jumps
* Single Leg Deadlifts
* Weighted Single Leg Lunges w/ bar