

Hi jumpers, below I have laid out the workouts that you need to do while we do not have official practice. I have written down the warm up that we usually do everyday of practice and I have then given you options for different workouts you can choose from (one exception being work out #5 which I would like you to do every week to work on runway form and rhythm). I also recommend mixing in some of the sprinter workouts which will help with runway speed. If you have any questions you can text me at (971) 344-4373
-Zoey

Jump Workouts - Warm up as usual, then pick one of the workout options to do, lastly finish with stretching and abs

- 2 lap warm up
- dynamic stretches (back and forth warm up we've been doing on the turf)
- continue with long jump and triple jump warm up to the 20 yard line down and back three times. Focus on your form in each exercise and what the purpose of each drill is
 - skips for height
 - skips for distance
 - bounds
 - cycles (two on the left, two on the right)Continue for triple jumpers
 - cycle, cycle, bound, cycle, cycle, bound
 - cycle, bound, cycle, bound

Work Out Option #1 - Bleacher Ladder

-Run bleachers for 3 minutes, 5 minutes, 7 minutes, 5 minutes, 3 minutes. Rest in between each set/minute interval
-finish with 2 lap jog cool down on the turf

Work Out Option #2 - Field Sprints

-Continuous movement starting at the end line sprint to the 30 yard line then jog back to the end line, then sprint 60 yards (the other 50 yard line) then jog back to the end line, lastly sprint 90 yards (to the other 10 yard line) then jog back to the end line. This 30, 60, 90 is considered one set. Do this 5 times with rest in between each set.
-finish with 2 lap jog cool down on the turf

Work Out option #3 - Pylo Bleacher Work

-Sprint up the bleachers hitting every step 3x
-Sprint up the bleachers hitting every other step 3x
-Sprint up the bleachers frog hopping, skip steps if possible 3x
-one legged hop/cycle up the bleacher, two on the left and two on the right
-finish with two more sprint hitting every or every other step
-last do slow lunges up the bleaches to stretch out the legs 2x

-finish with 2 lap jog cool down lap on the turf

Work Out Option #4 - Senator Mile

-Sprint up and recover down each of the 4 aisles of the bleachers then run one lap on the track. Do this four times, so you run the full bleachers 4 times and run one mile when complete.

-finish with 2 lap jog cool down lap on the turf

Work Out Option #5 -Field Sprints Working on Runway Speed

-You will start on the end line and sprint to the 30 yard line. The goal of these sprints is to run them the same way you would your run throughs - meaning take your two beginning steps to find your rhythm, then progressively build speed with the goal of hitting your top speed around the 20/25 yard line and then holding that speed until you hit the 30 yard line. (same thing we did in practice last week)

-For this workout do 10-12 sprints in total. Get enough rest in between each sprint to reset and be conscious of how you are running

-finish with 2 lap jog cool down lap on the turf

Abs - pick 8 exercises to do and do 25 reps of each, unless timing is noted

-suit cases

-toe touches

-twists

-leg lifts

-crunches

-1 minute plank, straight arms

-1 minute plank on elbows

-side plank, 30 seconds each side

-sit ups

-flutter kicks

-bicycles

-v-ups

-penguins

(you are also open to do 25 reps of any other abs exercise you know! These are just suggestions)

Stretch