

# PRACTICE PLANS

## AMBULATORY SPRINTS



## HIGH SCHOOL ADAPTIVE SPORTS

PRESENTED BY KENNETH WHALEN FAMILY FOUNDATION

### ► WARM-UP / CORE EXERCISES (follow same warm-up for each workout)

DYNAMIC WARM-UP	CORE EXERCISES	STRETCHING
<p><i>DO EACH DRILL FOR 30 METERS THEN JOG BACK</i></p> <ul style="list-style-type: none"> <li>– Arm rotations forward</li> <li>– Arm rotations backwards</li> <li>– Arm rotations overhead</li> <li>– Alternating arm swings</li> <li>– Two in front and two in back</li> <li>– Side shuffle (both sides)</li> <li>– Karaoke (both sides)</li> <li>– A-skips</li> <li>– B-skips</li> <li>– High knees</li> <li>– Butt kickers</li> </ul>	<ul style="list-style-type: none"> <li>– Russian twists</li> <li>– Cherry pickers</li> <li>– Heel touches</li> <li>– Plank</li> <li>– Side plank</li> <li>– Leg raises</li> <li>– Bicycle</li> <li>– Flutter kicks</li> <li>– Scissors</li> <li>– McGill sit-ups</li> <li>– Bananas</li> <li>– Sprinter abs</li> <li>– Mountain climbers</li> <li>– Bird dog</li> <li>– V-ups</li> </ul>	<p><i>15 SECONDS EACH STRETCH</i></p> <ul style="list-style-type: none"> <li>– Calves + arches</li> <li>– Hamstrings</li> <li>– Hips</li> <li>– Glutes</li> <li>– Shoulders</li> <li>– Arms</li> </ul>

WEEK	PRACTICE ONE	PRACTICE TWO	PRACTICE THREE	CHALLENGE
<b>WEEK ONE</b>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b> 6X60 Meter easy accelerations (two minute rest between each acceleration)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b> 8X80 Meter easy accelerations (two minute rest between each acceleration)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b> 6X60 Meter easy accelerations (two minute rest between each acceleration)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>CHALLENGE</b> Record how fast you can complete a 30 meter sprint (focus on keeping your head down in the drive phase)</li> </ul>
<b>WEEK TWO</b>	<ul style="list-style-type: none"> <li>► <b>RUNNING FROM DRILLS</b> NOTE: Athletes can complete these exercises holding on to a stable object for extra support if needed</li> <li>– 3X30 Seconds just the legs (two minute rest between sets)</li> <li>– 3X30 Seconds just the arms (two minute rest between sets)</li> <li>– 3X30 Seconds of both legs and arms (two minute rest between sets)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>BALANCE DRILLS</b></li> <li>– 3X30 Seconds of single leg knee up, toe up (90 second rest between sets)</li> <li>– 3X10 Single leg ball tosses (two minute rest between sets)</li> <li>– 3X30 Seconds of single leg balance on foam pad or pillow (90 second rest between sets)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>RUNNING FROM DRILLS</b> NOTE: Athletes can complete these exercises holding on to a stable object for extra support if needed</li> <li>– 3X30 Seconds just the legs (two minute rest between sets)</li> <li>– 3X30 Seconds just the arms (two minute rest between sets)</li> <li>– 3X30 Seconds of both legs and arms (two minute rest between sets)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>CHALLENGE</b> Baseline testing (you choose what distance(s) you would like to test):</li> <li>– 50 Meter sprint time</li> <li>– 100 Meter sprint time</li> <li>– 200 Meter sprint time</li> <li>– 400 Meter sprint time</li> </ul>
<b>WEEK THREE</b>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b> 8X15 Meters running over cones (90 seconds rest between each run)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b> 5 Rounds of the below drill:</li> <li>– Running over 6 cones, continue to sprint for 30 meters after cones (two minute rest between each sprint)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>LADDER DRILLS</b> 3 Rounds of the below drills:</li> <li>– One in one out (each leg)</li> <li>– 2 Legs hopping in + backwards</li> <li>– Scissors + backwards</li> <li>– 1 leg hopping in (each way)</li> <li>– Sideways in-in-out-out (each side)</li> <li>– Forward in-in-out-out</li> <li>► <b>DRILLS</b> 3X60 Meter accelerations (two minute rest between accelerations)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>CHALLENGE</b> Make a fun new ladder drill or dance!</li> </ul>
<b>WEEK FOUR</b>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b></li> <li>– 5X40 Meter accelerations (two minute rest between accelerations)</li> <li>– 5X35 Meter block starts OR three point stance starts (two minute rest between starts)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b> IF USING TRACK: 2 laps, jog the curves and walk the straights</li> <li>IF NOT USING TRACK: 4X1 minute of jog 30 seconds, walk 30 seconds (continue until all four minutes are complete)</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b> Redo a workout from the last three weeks that was difficult for you</li> <li>► <b>CORE EXERCISES</b> 3 Rounds of five core exercises of your choice</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>COOL DOWN</b> How long can you balance standing on one leg? Record your results!</li> </ul>
<b>WEEK FIVE</b>	<ul style="list-style-type: none"> <li>► <b>DRILLS + STRENGTH &amp; CONDITIONING</b> 2 Rounds of the circuit below (six minute rest between rounds):</li> <li>– 40 Meter jog</li> <li>– 15 Jumping jacks</li> <li>– 40 Meter jog</li> <li>– 12 Hip twists</li> <li>– 40 Meter jog</li> <li>– 10 High knees (per side)</li> <li>– 40 Meter jog</li> <li>– 10 Squat jumps</li> <li>– 40 Meter jog</li> <li>– 10 A-skips</li> <li>– 40 Meter jog</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS + STRENGTH &amp; CONDITIONING</b> 2 Rounds of the below drills (2 minute rest between exercises):</li> <li>– 10 Overhead slams</li> <li>– 10 Squat and toss up for height</li> <li>– 10 Three-way slams (only middle slam counts as one)</li> <li>– 10 Backwards overhead toss</li> <li>– 10 Side foot pushes</li> <li>– 10 Forward chest toss</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS + STRENGTH &amp; CONDITIONING</b> 2 Rounds of the circuit below (six minute rest between rounds):</li> <li>– 40 Meter jog</li> <li>– 15 Jumping jacks</li> <li>– 40 Meter jog</li> <li>– 12 Hip twists</li> <li>– 40 Meter jog</li> <li>– 10 High knees (per side)</li> <li>– 40 Meter jog</li> <li>– 10 Squat jumps</li> <li>– 40 Meter jog</li> <li>– 10 A-skips</li> <li>– 40 Meter jog</li> <li>► <b>COOL DOWN</b> 2 laps OR 5 minutes jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>CHALLENGE</b> Do some research and answer the questions below:</li> <li>– How many phases are there in sprinting?</li> <li>– What is each phase in sprinting?</li> <li>– Why do you like running?</li> <li>– Tell us a fun fact about YOU!</li> </ul>
<b>WEEK SIX</b>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b></li> <li>– 1 Mile jog, THEN the below drill:</li> <li>– IF USING TRACK: 6 laps of jog the turns, walk the straights (five minute rest every two laps)</li> <li>– IF NOT USING TRACK: 4X1 minute of jog 30 seconds, walk 30 seconds (continue until all four minutes are complete)</li> <li>► <b>COOL DOWN</b></li> <li>– 2 Laps jogging</li> <li>– 2 Laps walking</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b></li> <li>– 1 Mile jog THEN 3 Rounds of the below ladder drills:</li> <li>– One in one out (each leg)</li> <li>– 2 Legs hopping in + backwards</li> <li>– Scissors + backwards</li> <li>– 1 leg hopping in (each way)</li> <li>– Sideways in-in-out-out (each side)</li> <li>– Forward in-in-out-out</li> <li>► <b>COOL DOWN</b></li> <li>– 2 Laps jogging</li> </ul>	<ul style="list-style-type: none"> <li>► <b>DRILLS</b></li> <li>– 1 Mile jog, THEN the below acceleration drill:</li> <li>– 6X50 Meter accelerations from blocks OR 3-point stance (three minute rest between accelerations)</li> <li>► <b>COOL DOWN</b></li> <li>– 2 Laps jogging</li> <li>– 2 Laps walking</li> </ul>	<ul style="list-style-type: none"> <li>► <b>CHALLENGE</b> Retest baseline testing (retest the same distance(s) you picked for baseline testing on week two):</li> <li>– 50 Meter sprint time</li> <li>– 100 Meter sprint time</li> <li>– 200 Meter sprint time</li> <li>– 400 Meter sprint time</li> </ul>