

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

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