

# TRACK & FIELD TRAINING SCHEDULE

Outdoor Competition -- Apr. 16-22

Updated 4/16/2018 9:02

4/16/18 - Monday											
S-H-J-T Meeting - 3:05pm - Ratcliffe 100 - Team Dynamics, Conference Standings, Finals Week											
Other Notes:											
Group	Warm-Up	Focus & Unit Activity			Focus & Unit Activity			Focus & Unit Activity			
Sprints	3:30 PM	4:00	Balanced Movement	4:00 - Agility Circuit 4:10 - Sprint Tech Prep	4:20	Extension	4:20 - Full Push Progressions 4:30 - Bosch/Wicket Drills	4:40	Relays: Consistent Exchanges	Blind Exchanges Long Relay Exchanges	
Hurdles	3:30 PM	4:00	Ground Force Full Extension	Hurdle Prep II Push Progressions (incl Blocks)	4:15	Acceleration Pattern	Starts over 3 Hurdles (110/100m) Starts over 2 Hurdles (400m)	4:40	to Sprints		
High Jump	3:30 PM	4:00	Mindful Warm-Up	Jumps Prep w/ Extended Rudiment Hops	4:15	Ground & Flight Mechanics	4:15 - Circle Pops 4:20 - Full Approach Stomps	4:30	to Sprints		
Pole Vault	3:30 PM	4:00	Mindful Warm-Up	Jumps Prep w/ Extended Rudiment Hops	4:15	Ground Mechanics	4:15 - Stacked Mat A-Jumps 4:25 - Short Approach Jumps	4:40	Full Approach	Run Thrus Drive Plants	
LJ-TJ	3:30 PM	4:00	Mindful Warm-Up	Jumps Prep w/ Extended Rudiment Hops	4:15	Ground Mechanics	LJ - A&B Jumps	4:30	to Sprints		
Throws	3:30 PM	4:00	Mindful Warm-Up	EXTENDED WARM-UP		Discus Balance/Posture	PVC Pipe Drills		Release Work	Power Throws x4 Triple Wheels x4 South Africans x4 Full Throws x8-10	
Javelin	3:30 PM	4:00	to Other Events								
Combined Events	3:30 PM	Pent/Heptathletes: HJ+LJ; Hurdles () Hept/Decathletes: PV ()									
Finishing Unit		Weight Room - Primary I			Core & Flexibility			Recovery Starters			
4/17/18 - Tuesday											
Other Notes:											
Group	Warm-Up	Focus & Unit Activity			Focus & Unit Activity			Focus & Unit Activity			
Sprints	3:20 PM	3:50	Posture & Range of Motion	3:50 - Crawl Series 4:00 - Hurdle Walks 4:10 - Interval Prep	4:20	ATP-CP: 200m Race Modeling	3x100m-100m-100m (walk back 50m/8min)		Glyco: 400m Race Modeling	3x200m-150m-150m (walk back 50m/8min)	
Hurdles	3:20 PM	3:50	Mindfulness Rhythm	Hurdle Prep I (Rhythm) 4-Count Rhythm	4:00	Stride Management	Dribbling Drills 20m Stride Counts 4xBanana Hurdles (alt lead legs)	4:20	110m Hurdles	4-6x Mixed 3&5-Step Hurdles (6min)	
High Jump	3:10 PM	3:40	Posture & Range of Motion	3:40 - Hurdle Walks 3:50 - Crawl Series	4:00	Approach Shape	4:00 - HJ Prep 4:10 - Rhythm Apps (Marked)	4:20	to Sprints		
Pole Vault	3:10 PM	3:40	Approach Elements	3:40 - PV Approach Prep 3:50 - Push Progressions	4:00	Measured Approach Prep	4:00 - Rhythm Apps 4:10 - Slide-Box Approaches	4:20	to Sprints		
LJ-TJ	3:10 PM	3:40	Posture & Range of Motion	3:40 - Hurdle Walks 3:50 - Crawl Series	4:00	Approach Rhythm	4:00 - Jumps Prep 4:10 - Rhythm Apps (Marked)	4:20	to Sprints		
Throws	3:30 PM	4:00	Mindful Warm-Up	EXTENDED WARM-UP		Shot Put	Pivot-StepIn/Entries x8 Release ABCs x3e Power Throws x3 Wheels/A-Frames x3 S-A/Glide-Stop x3 Full Throws x8-10		Hammer	Plate Twists 2x10 Wind-Turn/Catch 2x3 No-Mo Throws x5 2-Turn Throws x6-8 3-Turn Throws x6-8	
Javelin	2:30 PM	3:00	Mindfulness	Stick Series	3:15	Moving Releases	XO Spaghetti Throws	3:30	to Other Events		
Combined Events	3:00 PM	Pent/Heptathletes: SP; Approaches; Glyco () Hept/Decathletes: SP; Approaches; Glyco ()									
Finishing Unit		Auxiliary			Core & Extended Flexibility			Recovery Starters			

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4/18/18 - Wednesday											
Other Notes:											
Group	Warm-Up	Focus & Unit Activity				Focus & Unit Activity				Focus & Unit Activity	
Sprints	3:30 PM	4:00	Balanced Movement	4:00 - Agility Circuit 4:10 - Sprint Tech Prep	4:20	Mindful Progression thru 4th Step (exaggerate)	4:20 - Blocks on Straights 4:30 - Blocks on Turns	4:45	Relays: Perfect Exchanges	Blind Exchanges Long Relay Exchanges	
Hurdles	3:30 PM	4:00	Ground Force Full Extension	Hurdle Prep II Push Progressions (incl Blocks)	4:15	Acceleration Pattern	Starts over 3 Hurdles (110/100m) Starts over 2 Hurdles (400m)	4:40	to Sprints		
High Jump	3:00 PM	3:30	Mindful Warm-Up	3:30 - HJ Prep 3:40 - Gallups/Last 3 Steps	3:50	Ground & Flight Mechanics	3:50 - Circle Pops 4:00 - Full Approach Stomps 4:10 - Full Approach Jumps	4:20	to Sprints	(include 2pt Pushes)	
Pole Vault	3:00 PM	3:30	Posture, Balance & Rhythm	3:30 - PV Jump Prep 3:40 - Slide Box Progression	3:50	Take-Off Mechanics	Short Approach Jumps	4:05	Full Approach	Run Thrus Drive Plants High Bar Jumps	
LJ-TJ	3:20 PM	3:50	Ground Mechanics	Jumps Prep Multi-Jumps Prep	4:00	Take-Off Mechanics	TJ - 2-phase Jumps	4:20	to Sprints		
Throws	3:30 PM	4:00	Mindful Warm-Up	EXTENDED WARM-UP		Discus Balance/Posture	PVC Pipe Drills		Release Work	Power Throws x4 Triple Wheels x4 Full Throws x12-16	
Javelin	OYO		Approach Mechanics	4x60m XO Walks 4x60m XO Runs							
Combined Events	3:00 PM	Pent/Heptathletes: Javelin; HJ; Hurdles () Hept/Decathletes: Javelin; HJ; Hurdles ()									
Finishing Unit		Primary II				Core & Flexibility				Recovery Starters	
4/19/18 - Thursday											
Other Notes:											
Group	Warm-Up	Focus & Unit Activity				Focus & Unit Activity				Focus & Unit Activity	
Sprints	3:20 PM	3:50	Posture & Range of Motion	3:50 - Crawl Series 4:00 - Hurdle Walks 4:10 - Interval Prep	4:20	ATP-CP: Turnover	Overspeed		Glyco: Turnover	Overspeed	
Hurdles	3:20 PM	3:50	Mindfulness Rhythm	Hurdle Prep I (Rhythm) 4-Count Rhythm	4:00	Stride Management	Dribbling Drills 20m Stride Counts 4xBanana Hurdles (alt lead legs)	4:20	400m Hurdles	3-4xFirst 3-Walk-Last 3	
High Jump	3:10 PM	3:40	Approach Shape	3:40 - HJ Prep 3:50 - Rhythm Apps	4:00	Approach Metrics	4:00 - Measured Approaches	4:20	to Sprints		
Pole Vault	3:10 PM	3:40	Modified Pre-Meet	Full Competition Prep	4:00	Pole Selection	Big Pole Confidence	4:20	to Sprints		
LJ-TJ	3:10 PM	3:40	Posture & Range of Motion	3:40 - Hurdle Walks 3:50 - Crawl Series	4:00	Approach Rhythm	4:00 - Jumps Prep 4:10 - Rhythm Apps (Measure)	4:20	to Sprints		
Throws	3:30 PM	4:00	Mindful Warm-Up	EXTENDED WARM-UP		Shot Put	Pivot-StepIn/Entries x6 Release ABCs x3e Power Throws x3 Wheels/A-Frames x3 Full Throws x8-12		Hammer	Plate Twists x10 Wind-Turn/Catch x3 No-Mo Throws x38-106-8 3-Turn Throws x8-10	
Javelin	2:30 PM	3:00	Pre-Meet	Shoulder Mobility Rhythm Approaches		to Other Events					
Combined Events	3:00 PM	Pent/Heptathletes: Pre-Meet () Hept/Decathletes: Pre-Meet ()									
Finishing Unit		Extended Core & Flexibility				Recovery Starters					
4/20/18 - Friday											
NEW CAPTAINS CLASSIC & COMBINED EVENTS - DAY 1											
4/20/18 - Friday		Pre-Meet OYO									
Other Notes: Pay attention to the Event Schedule when planning your pre-meet time.											
4/21/18 - Saturday											
NEW CAPTAINS CLASSIC & COMBINED EVENTS - DAY 2											
4/22/18 - Sunday											
Other Notes: Active Rest - Include any Rehab/Prehab as recommended by Brittany or the Coaching Staff											