

Off-Season routine

The warm-up routine for practice starts with a dynamic warm up followed by general and event related exercises.

Step 1 - Dynamic Warm-Up

Tip: start with low velocity movements and build up to higher intensity exercises

Sample exercises

- Walking quad stretch
- Walking hamstring stretch
- Walking side lunges
- Walking forward lunge with twist
- Jogging carioca
- Jogging high knee
- Jogging butt kicks
- Explosive skipping for height
- Explosive skipping for distance
- Agility cones or ladders
- Dynamic build up acceleration runs

Step 2 - Speed, Strength and Power

Tip: First, do not rely on only weights for strength building. Medicine ball throws, plyometrics and sprint combinations will help ensure a warm up, explosive strength and speed development:

Use heavy (6-10 pound) medicine balls for strength and light medicine ball (3-6 pound) for speed.

Sample exercises

- 10 push-ups with a clap – leads to a more explosive push
- Medicine ball exercises (see attached PDF with medicine ball workout options)
- 5 double hops
- 5 backward double leg hops
- Box Jumps (see video on KHS girl's track training page)
- One-leg hops (see video on KHS girl's track training page)
- 5x20m sprints

Lifting Cycle - 3 days per week (use Yoga poses and dynamic warm-up exercises noted above on the off days to rest the muscles and add flexibility, balance and focus.

Day One

- Back Squats - 3x4-8 at 80-90%
- Romanian Deadlifts - 3x4-8
- Bench Press - 3x4-8 at 80-90%
- Barbell Bent-Over Rows - 3x4-8
- Standing Military Press - 3x4-8

Day Two

- Hang Clean - 3x3-6 at 50-60% (at knees)
- Push Jerk - 3x3-6 at 50-60%
- Hang Clean Pulls - 3x3-6 at 60-70% (below knees)

Day Three

- Dumbbell Hang Clean - 3x3-6 (above knees)
- Hang Snatch Pull 3x3-6 at 60-70% of Power Clean (above knees)
- Front Squats - 3x4-8 at 70-80%
- Incline Press - 3x4-8
- Pull-Ups - 3xMax