

Friday, May 1

### All Runners

- Warmup- Jog 400m or for 2-3 minutes
- Agilities
- [Form Mechanics](#)
- Hip Swings

### Sprinters (all)

Objective: Recovery!

- Plyos
  - Phase 1 – Coordination and Movement
    - Tuck Jump Sprint (5) [link](#)
      - Jump tuck 3x, on 3<sup>rd</sup>, land in starting form sprint 10m
    - Broad Jumps (10)
  - Phase 2 – Landing and Stability
    - Single-Leg Pogo Hops (10 each leg)
    - Lunge Switch Jumps (10)
  - Phase 3 – Explosive Power
    - Box Jumps (10)
    - Box Drop Jump (5)
      - Drop from box height and explode upward as soon as you land.
  - Phase 4 – Sprint Power
    - Bounds (10 strides) x 2
    - Tuck Jumps (10)
- 4x Strides (like in agilities)
- Stretch
- Abs