Mondays – Cycle I – Fall 2012

Jog, Skip, Side Shuffle (400m – switch every 50m)

**Dynamic II**
Iron Cross (front/back)
Knee to Foot
Hand Kick
Lead Leg/TL Lifts
Rotations (shoulder, arm, back, hip)
Inverted Scissors (frontal/sagittal)
Fondas/Fire Hydrants/Extenders
Leg Swings (frontal/sagittal)
Sidekicks (for/back) switch halfway

**Static Flex I (3 breathes each)**
Static Flex Series
Knee Pull in/Out (L&R)
Back Arch
Spinal Roll-Unwind
Elbow Pull/Obliques
L-over-R/R-over-L
Calf-Stretch (Str & Bent)
Lunge Stretch (L & R and Lateral)
Straddle (L-M-R)
Pretzel
Butterfly

**Drills A – 2x15m**
A-skip
B-Skip
Backwards Skips (heel to butt)
Backwards Walks (heel to butt)
Lateral Shuffles (L&R)
Crossovers (L&R)
Carioka
Butt Kicks

**HM Special – 2x8H**
Lateral Skips (Str. Leg) rail-to-rail
Dynamic Alternate Walkovers (rail-to-rail)
Skipovers (constant lead leg) (L & R)
Skipovers (alternate lead leg)
Static-Dyn Skip (alt lead legs)

**Acceleration Development**
“A” 4x10m, 4x20m, 4x30m; “B” 5x10m, 4x20m, 3x30m

**MultiJump (MJ)** – Wells x 4
SLJ
STJ
3 DLJ
Double-Double (??)

**Lift**
Clean Pull – 2x6 (floor, knee, thigh)  
[note: in floor pulls…address the bar 2x before initiating lift]
Deadlift to mid-thigh
Tap
Pull

Deep Squat – 8,8, 6, 8  
keep track of weight used
Bench Press – 8,8, 6, 8  
keep track of weight used

**MT**
Run DMC x 4  
5k/4k ??

**CD – Malcolm X**
Tuesdays – Cycle I – September 2012

Morning Fartlek – 12 mins (1” on/1” off) – 400m/400H/Multis

Mobility Series
- Jog w/arms crossing
- Backwards Skip (heel to butt)
- Side Slide (L&R)
- Jog w/arms windmilling (for/back)
- Side Slide & Turnaround
- Crossover Shuffles

Static Flex II – Breathe 12 count (exhale and take deeper on 6)
- Chest Hang – Feet apart, arms hang toward feet
- Deep Squat – back rounded
- Lateral Squat – both feet point forward
- Spinal Roll – Push: back on ground, thigh at chest, knees apart, partner pushes feet down
- Spinal Roll – Pull: back on ground, feet on partner’s thighs, arms above feet, partner pulls
- Butterfly –feet together; elbows push knees, partner pushes gently at upper back
- Seated Arm Pull – Seated, knees apart, feet together, hands together above head, partner pulls up and back
- Quad Stretch – prone, bend knees, partner pushed at ankles
- Quad Lift – prone, knee flexed at 90 degrees, partners lifts up and slightly out (hold at knee and ankle)
- Shoulder Lift – prone, arms up and behind, wrists out, partner pulls gently

Dynamic II
- Iron Cross (front/back)
- Knee to Foot
- Hand Kick
- Lead Leg/TL Lifts
- Rotations (shoulder, arm, back, hip)
- Inverted Scissors (frontal/saggital)
- Fondas/Fire Hydrants/Extenders
- Leg Swings (frontal/saggital)
- Sidekicks (for/back) switch halfway

HM Skill (6-8 shoes apt)
- A's (L & R)
- B's (L & R)
- C's (L & R)
- Skipovers (L&R)

HM – Static (1, 2, 5, 6, 9) 2x6H
- 1. Hurdle Walkover (alt lead leg) spc = rail-to-rail
- 2. Hurdle Walkover (constant lead leg) spc = one shoe
- 5. Over under (R-L) spc = rail to rail
- 6. +2-1 walkover (alt lead leg) spc = rail to rail
- 9. Alternate Static-Dynamic Walkovers
Technical Trn (Jumps/Multis)

**MJ -** Vanhoot
Power Skip for Ht
Power Skip for Dist
Run-Run-Jump (L&R)
Continuous Hurdle TO's
Static-Dyn Skips

**GS - Yavin w/scramble (20” on/40” off)**
Pushups
Prisoner Squats
V-Sits
Back Hypers
Plyo Pushups
Rocket Jumps
Dips
Cossack Extensions (butt low, kick feet out)
L-Overs
Wrestlers Bridge
Swimming
Burpees

**GS - Sernpidal (20” on/20” off)**
V-Sits
Back Hypers
Side Ups (L-R)... knees slightly bent
Leg Toss/Toe Touch/Hip Lifts
Crunches (thigh perpendicular)
Side Lifts
Back Hyper w Twist
Crunches w Twist
L-Overs

**Aux – 1x10**
Walking Lunge w/Twist
Single Arm – Bent Over Row
Weighted Crunches
Straight Leg Dead Lift
Arm Curls
Seated Shoulder Press
Lat Pulldown - back
DB Alt Toe Touch
Dips
Hanging L
Push-ups w/Feet up
Lat Pulldown – front
Back Hyper
Pullups (bar)
Bent Over row (1/4 Squat – use bar)
Twisting Lunges (L-R)
V-Sit
Lat Pulldown – back
Hanging Lateral Knee Lifts
DB Alt. Toe Touches
Seated Shoulder Press
V-Sit
Lat Pulldown – front
Weighted Crunch

CD – 3x30m barefoot skips (forward, backward), 2x20m heel walks (forw, backw); 2x20m toe walks (forw, backw)
**Mobility Series**
Jog w/arms crossing
Backwards Skip (heel to butt)
Side Slide (L&R)
Jog w/arms windmilling (for/back)
Side Slide & Turnaround
Crossover Shuffles

**Static Flex I (3 breathes each)**
Static Flex Series
Knee Pull in/Out (L&R)
Back Arch
Spinal Roll-Unwind
Elbow Pull/Obliques
L-over-R/R-over-L
Calf-Stretch (Str & Bent)
Lunge Stretch (L &R and Lateral)
Straddle (L-M-R)
Pretzel
Butterfly

**Dynamic**
Iron Cross (front/back) x 10 each
Side Slide & TurnAround (2x40m)
Rotations x 5 each (Arms, Shoulders, Back, Ankles)
Leg Swingsx 5 each (frontal/saggital)
Trail Leg x 5 each

**Sprint Drills – 2x30m**
High Knees
Butt Kicks
Crossovers (L&R)
A2’s
A’s+ C’s

**Maximum Velocity Development**  - Stadium Runs x 12

**MJ (30” barefoot)**
Pogo Jumps
Side Straddle Hops
Front Straddle Hops
Crossover Hops
Ski Jumps
Pogo Forw
Zig-Zag Pogo

**Lift**
Snatch Pull – 2x5 (floor, knee, thigh)
Front Squat – 2x6
Snatch Squat – 2x6
Incline Press – 4x6

CD – Kessell – 2x15m barefoot on grass
Heels Walk - For
Heel Walk - Backw
Toe Walk - For
Toe Walk - Backw
Inside Foot - Forw
Inside Foot - Backw
Outside Foot - Forw
Outside Foot - Backw
Thurdays – Cycle I

**Warm-up (WU)**

**Mobility Series**
- Jog w/arms crossing
- Backwards Skip (heel to butt)
- Side Slide (L&R)
- Jog w/arms windmilling (for/back)
- Side Slide & Turnaround
- Crossover Shuffles

**Dynamic**
- Iron Cross (front/back) x 10 each
- Side Slide & TurnAround (2x40m)
- Rotations x 5 each (Arms, Shoulders, Back, Ankles)
- Leg Swingsx 5 each (frontal/saggital)
- Trail Leg x 5 each

**Aux – 1x10**
- Walking Lunge w/Twist
- Single Arm – Bent Over Row
- Weighted Crunches
- Straight Leg Dead Lift
- Arm Curls
- Seated Shoulder Press
- Lat Pulldown - back
- DB Alt Toe Touch
- Dips
- Hanging L
- Push-ups w/Feet up
- Lat Pulldown – front
- Back Hyper
- Pullups (bar)
- Bent Over row (1/4 Squat – use bar)
- Twisting Lunges (L-R)
- V-Sit
- Lat Pulldown – back
- Hanging Lateral Knee Lifts
- DB Alt. Toe Touches
- Seated Shoulder Press
- V-Sit
- Lat Pulldown – front
- Weighted Crunch

**Multis/400m/400H** - Finish with 12 min fartlek (1.5 mins on/1.5 mins off) + Malcolm X

Everyone else – (after Aux do Malcolm X as cooldown)
Fridays – Cycle I – Fall 2012
Jog 1 lap + Skip For 50m – Side Shuffle Left 50m – Backward Jog 50m – Side Shuffle Right 50m
Jog w arms Circling 50m – Jog w Arms Crossing 50m – Jog 50m – Skip Backw 50m

**Static Flex I (3 breathes each)**
- Static Flex Series
- Knee Pull in/Out (L&R)
- Back Arch
- Spinal Roll-Unwind
- Elbow Pull/Oblquies
- L-over-R/R-over-L
- Calf-Stretch (Str & Bent)
- Lunge Stretch (L & R and Lateral)
- Straddle (L-M-R)
- Pretzel
- Butterfly

**Carioka (L-R)**

**Static Flex II – Breathe 12 count (exhale and take deeper on 6)**
- Chest Hang – Feet apart, arms hang toward feet
- Deep Squat – back rounded
- Lateral Squat – both feet point forward
- Spinal Roll – Push: back on ground, thigh at chest, knees apart, partner pushes feet down
- Spinal Roll – Pull: back on ground, feet on partner’s thighs, arms above feet, partner pulls
- Butterfly –feet together; elbows push knees, partner pushes gently at upper back
- Seated Arm Pull – Seated, knees apart, feet together, hands together above head, partner pulls up and back
- Quad Stretch – prone, bend knees, partner pushed at ankles
- Quad Lift –prone, knee flexed at 90 degrees, partners lifts up and slightly out (hold at knee and ankle)
- Shoulder Lift – prone, arms up and behind, wrists out, partner pulls gently

**HM Special – 2x8H**
- Lateral Skips (Str. Leg) rail-to-rail
- Dynamic Alternate Walkovers (rail-to-rail)
- Skipovers (constant lead leg) (L & R)
- Skipovers (alternate lead leg)
- Static-Dyn Skip (alt lead legs)

**Acceleration Development**
- Resisted Runs – 12 x30m

**MJ – 2x20” on/40” off**
- Ski Jumps
- Buttkick Jumps
- 180’s (feet shoulder width apart)
- Rocket Jumps
- Speed Skaters
- Jumping Jacks “Up”
- Squat Freeze Jumps
- Star Jumps
- Stepup Jumps

**Multis – SP Tech**

**Dynamic x 10 each**
- Bicycles
- Pleas
- Alt Toe Touches
- Hip Circles (CW-CCW)
- Knee-to-Shoulder (for/back) switch halfway
- Knee-to-Shoulder (left/right) switch halfway
- Mountain Climbers (knee in/knee out)
- Hurdle Seat Exchange
- Trail Leg Cycles (use wall)
- Butterfly

**Lift**
- Clean Pull - 6x5
- Deep Squat – 8, 8, 6, 8
- Bench Press – 8, 8, 6, 8

**MT – Run DMC x 4**

**CD –**
Saturdays – Cycle I – Fall 2012

Jog 400m +
Skip For 50m - Side Shuffle Left 50m – Jog w arms Circling 50m - Backward Jog 50m – Side Shuffle Right 50m - Jog w arms Circling 50m – Jog w Arms Crossing 50m – Jog 50m – Skip Backw 50m

**Static Flex II – Breathe 12 count (exhale and take deeper on 6)**

Chest Hang – Feet apart, arms hang toward feet
Deep Squat – back rounded
Lateral Squat – both feet point forward
Spinal Roll – Push: back on ground, thight at chest, knees apart, partner pushes feet down
Spinal Roll – Pull: back on ground, feet on partner’s thighs, arms above feet, partner pulls
Butterfly –feet together; elbows push knees, partner pushes gently at upper back
Seated Arm Pull – Seated, knees apart, feet together, hands together above head, partner pulls up and back
Quad Stretch – prone, bend knees, partner pushed at ankles
Quad Lift –prone, knee flexed at 90 degrees, partners lifts up and slightly out (hold at knee and ankle)
Shoulder Lift – prone, arms up and behind, wrists out, partner pulls gently

**Dynamic x 15 each**
Iron Cross (front/back)
Leg Swings (frontal/sagittal)
Trail Leg Cycles (L-R)

**Multis/Jumpers – Jump Tech (TBA)**

**Sprint Drills – 2x50m**
A-Skips
Straight Leg Bounds
B-Skips
Side Shuffle (L-R)

Buildups – 4x50m

General Speed Endurance
Sprints/Jumps -
12 x 100 (2 mins);
10 x 120m (2 mins)
8x150m (2 min)

Multis/400m/400H –
“A” 2 x (4x120, 1 x200) 2 mins/3 mins
“B” 2 x [3x150m, 1x200] 2 mins/3 mins
“C” 2 x [2x200m, 1x250m] 2 mins/3 mins
Aux – 2x10 – Saturdays – Cycle I
Rotational Step-ups (L-R)
Leg Curl
Flys (use bench)
Leg Extension
Lat Pulldown – front
V-Sit
Hanging Lateral Leg Lifts
Good Mornings
Lat Pulldown - back
Twisting Sit-ups
Pullovers
Russian Twists (Hay Bales)

Corellia - 2x10m
Low Walk Forward
Low Walk Backwards
Low Walk Lateral (L&R)
Lunge Walk
Pushup Walk

CD – jog 1 lap + Cesar Chavez
Rotations
Butterfly
Pretzel
Knee Pull In
Knee Pull across
Hurdlers Stretch (M-L-R)
Sit and Reach
Calf
Achilles

SUNDAY – ACTIVE REST
20-30 MINUTES OF ACTIVITY
(bike, swim, fartlek, hike)
Aux – 2x10 – Saturdays – Cycle I
Rotational Step-ups (L-R)
Leg Curl
Flys (use bench)
Leg Extension
Lat Pulldown – front
V-Sit
Hanging Lateral Leg Lifts
Good Mornings
Lat Pulldown - back
Twisting Sit-ups
Pullovers
Russian Twists (Hay Bales)

Corellia - 2x10m
Low Walk Forward
Low Walk Backwards
Low Walk Lateral (L&R)
Lunge Walk
Pushup Walk

CD – jog 1 lap + Cesar Chavez
Rotations
Butterfly
Pretzel
Knee Pull In
Knee Pull across
Hurdlers Stretch (M-L-R)
Sit and Reach
Calf
Achilles

SUNDAY – ACTIVE REST
20-30 MINUTES OF ACTIVITY
(bike, swim, fartlek, hike)