

LADUE RAMS TRACK & FIELD 2019

Phase: Specific Prep

Weekly Theme: Speed

Day 4: Speed End

Total Volume:

THR
3/14/19

WARM UP: Dynamic **Build ups: 2x50m, 2x100m**

BAYLOR (m) SP END 2	AGGIES (m)	TEXAS (m)
SUPP DRILLS:	SUPP DRILLS:	SUPP DRILLS:
WORKOUT:	WORKOUT:	WORKOUT:
PLYOS:	PLYOS:	PLYOS:

PACE

400m Target	300	250
G1 51.9		
G2 54		
G3 64		
G4 68		

RESULTS

NAME	300	300	300	200/250	200/250	

NOTES:

TEMP & Conditions:

Cool Down: 3x Dynamic: Side jack & flip 50m, skip 25, backwards jog 25

WEIGHTS:

TEXAS:

Plyos mixed with weight exercise

**"We are what we repeatedly do. Excellence, then, is not an act, but a habit."
DO WE DESERVE A CHAMPIONSHIP?**



Clean High Pull <i>Box fall w/rocket jump 3x5</i>	60%	3	6
Push Press <i>SL Tuck Jump 3x8/leg</i>	70%	3	6
Kneeling Push Press <i>Star Jumps 3x10</i>	40%	3	6
MB Supine Heave <i>Hop onto Single Box 2x10</i>		2	10
Hanging abs series		3	10

BAYLOR/ AGGIES: See workout page

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