

EUREKA GIRLS TRACK & FIELD WORKOUT PROGRAM

Warmup:

Form Drills: 1x2 15-20m

- | | |
|-----------------------------|----------------|
| 1 Heel & Toe Walks - In/Out | 7 B-Skip |
| 2 Windmill | 8 Butt Kick |
| 3 Carioka (high knee) | 9 Backward Run |
| 4 Walking High Knees | 10 Quick Feet |
| 5 Running High Knees | 11 Strides |
| 6 Skipping High Knees | |

Mobilities: 1x2 10-20m

- | | |
|--------------------------------|----------------------------|
| 1 Leg Cradle Walk | 8 Inchworm |
| 2 Knee to Chest Walk | 9 Lateral Groin Walk (L/R) |
| 3 Backward Hamstring Walk | 10 Lunge with a Twist |
| 4 Quad Walk | 11 Backward Lunge |
| 5 RDL (Romanian Deadlift Walk) | 12 Kick Skips |
| 6 Walking Kicks | 13 C-skips |
| 7 Spiderman | 14 Accelerations/Strides |

General Strength Exercises: Do 1 set of 10 of one program each day, alternating the three programs. The second week 1 set of 15 and the third week 1 set of 20. The fourth week start the sets over again 1x10. As you get stronger you can do 2 sets 2nd week and 3 sets 3rd week.

Pearl Harbor

Prisoner Squat
V-Sits
Pushups
Back Hypers w/twist
Rocket Jumps
Leg Toss
Rocky's
Wrestler's Bridge
Cossack Extension
Crunches
Decline Pushups
Prone Single Leg Hip ext.

D-Day

Single Leg Squat
Toe Touches
Pushups
Back Hypers
Yogis Hamstring
Side Ups
Lunge Good Mornings
Rocky's
Lunge Walk
Pushup Toe Walk
Prone Flex, Leg Hip ext.

Rock

V-sits
Back Hypers
Leg Toss
Wrestler's Bridge
Crunch w/twist
Prone Hip ext.
Toe Touch's
Back Hyper w/twist
L-over
Sideups
Dbl. Leg Eagle
Low Level Bike

Strength, Agility & Flexibility: These are drills that can be used to develop more explosive strength and agility.

Hurdle Drills: Multiple Heights

- | | |
|------------------------|-----------------------|
| 1 Over and Under | 5 Lead Leg |
| 2 Step Over Stop | 6 Trail Leg |
| 3 Step Over Continuous | 7 Single Leg Swing |
| 4 Sideways Step Over | 8 Alternate Leg Swing |

Plyometrics (Multiple Jump Exercises): These jumps can use the 12", adjustable, or full size hurdles or boxes. These should be done on soft surfaces.

- | | |
|------------------------|-----------------|
| Double Leg Hurdle Jump | Box Depth Jumps |
| Single Leg Hops | Quick Hop |
| High Knees Run | |

Jump Rope

Harness

Medicine Ball Exercises

Dot Drill

Strength Pedestal

See Pedestal of Strength Chart

Include bench backward pushups, back extensions, squat.

Single Leg Squat Progression: Single squat on floor

Back foot on floor

Back foot on box

Standing on box, leg off side

Pull-ups: Straight Leg & Bent Leg

Calf Raises

Stretching/Flexibility: Static stretching - These should never be done until the end of a workout. Do these slowly to a point where you feel a slight easy stretch. At no time should a bouncing or jerky movement be used! Hold each position for 8-12 seconds. These stretches will feel good since they make small tears in your muscles releasing endorphins that help control pain.

Arms behind head

Extended back leg - Achilles

Hurdle stretch

Sitting toe touch

Back roll

Lateral - side to side

Obliques-hands over head side stretch

Quad - pull leg up and back

Butterflies

Pretzel

Step Lunge

Hamstring (partner) or pull knee to chest