

GENERAL OFF-SEASON TRACK WORKOUT

DYNAMIC WARMUP

20 meters each

- Jogging
- Jogging Again
- High Knees
- Butt Kickers
- A-Skips
- B-Skips
- Lunges
- Side-to-Side Lunges
- Frankensteins
- Knee Hugs

PLYOMETRICS

Do 4 of these each workout - change it up - do 3 sets of 10 each

- Box Jumps
- Bench Sprints (toe taps)
- Burpees w/ Pushup
- Cone/Hurdle Hops - 2 ft, 1 ft, 1 ft
- Decline Pushups (feet raised)
- Jumping Lunges
- Lateral Bounds
- Mountain Climbers
- Single-Leg Step Ups
- Square Drill with Hands

LIFTING

- Lift 2 arm exercises, 2 leg exercises, and 2 core/ab exercises.
 - 3 sets of 8-10 each
- OR Follow Sean's Workout in the Weight Room

RUNNING

EITHER:

- 20-30 Minute Running - Long Run or Treadmill
- OR
- 10+ Intervals
 - Each interval should be at least 30 seconds of a hard run or sprint, followed by equal time rest.
 - Example: Hard Run for 40 seconds, Rest for 40 seconds