

To all athletes,

This week, like all of these weeks, you and your families are in my thoughts as I hope that you are all healthy and safe. I hope these training schedules give you some purpose and a sense of normalcy. Take your time with drills, take care of your body, and take care of your mental health.

Looking forward to seeing each other again,

Coach Fiore

Monday 4/20 Speed Development

Warmup

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

Workout

- 3x35 seconds (fast and controlled 85%) **rest 2:30-3:00**
- 3x20 seconds (fast and controlled 85%) **rest 2:30-3:00**
- 2x10 seconds (fast 90%) **rest: 3:00-3:30**

Cool Down

- Run 5 minutes
- [Leg Swings](#)

Core

- 20 push ups
- 30 second Front Plank
- 20 Air Squats
- 30 second Side plank (both Sides)
- 10 Burpees
- 20 Bridge hip lifts

Tuesday 4/21 Strength Day

Bodyweight circuit: Do exercises back to back rest at the end

20 pushups

20 burpees

20 squat jumps

15 pushups

15 burpees

15 squat jumps

10 pushups

10 burpees

10 squat jumps

5 pushups

5 burpees

5 squat jumps

Mobility Circuit:

[Lateral Hip Opener](#) 10x each side

[Shoulder Gators](#) 20x total

[Dynamic Chest Stretch](#) 10x total

Butterfly Stretch 30 seconds

[Single Leg Raises](#) 10x each leg

[Cat Cow](#) 30 seconds

[Clams](#) 12x each side

Wednesday 4/22: Speed Endurance

Warmup

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

Workout

Run as far as you can for 40 seconds

Rest 5-6 minutes

Run as far as you can for 40 seconds (try and go further)

Rest 5-6 minutes

4x100 meter strides (nice and smooth focus on being up tall good knee lift good arms)

Cool Down

Run 5 minutes

[Leg Swings](#)

Core/Strength

20 burpees

20 push ups

1 minute High Plank w/ Shoulder Taps

[15 Jump squats](#)

Side Plank 45 seconds both sides

Thursday 4/23 EZ day

Warm up

Rope stretches

[Leg Swings](#)

Workout

20 minute run

Mobility Circuit:

[Lateral Hip Opener](#) 10x each side

[Shoulder Gators](#) 20x total

[Dynamic Chest Stretch](#) 10x total

Butterfly Stretch 30 seconds

[Single Leg Raises](#) 10x each leg

[Cat Cow](#) 30 seconds

[Clams](#) 12x each side

Friday 4/24 Max Velocity

Warmup

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

Workout

4x (build up 3 seconds, fast as you can 4 seconds, decelerate/slow down 10 seconds) rest 3 minutes between reps

Cool Down

5 minute run

Leg Swings

Strength

[Reverse Lunges](#) x10 each leg

[Body Weight Squat](#) x20

Push ups x20

[Lateral Lunge](#) x10

[High Plank Hold](#) x45 seconds

[Broad Jumps](#) x10

[Bounds](#) x10

[Hip Lifts](#) x20

Saturday 4/25 EZ

Warmup

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

Workout

10x (15 second strides)

*run quick but smooth **FUN FAST**

Cool Down

Rope stretches

[Leg Swings](#)

Sunday OFF!