

**2013 WINTER / SPRING MULTI EVENT SCHEDULE**

**NOTE: WE BEGAN ON THIS SCHEDULE late November, 2012**

**NOTE: 2 weeks work, one week recovery on this schedule.**

**MONDAYS... 10 AM...HAYWARD FIELD, UO Campus**

**AM SESSION...WM UP='S ... ASHTON...Jog a lap...BRIANNE...3 Progressive Laps OR Jog Lap...then both do:**

1. HH STRETCH /CALF STRETCH
2. SPRINT DRILLS ( Complete )
3. FULL MED BALL PROGRAM
4. MIRROR SPRINT ARMS WITH WEIGHTS
5. LIGHT STRIDERS/ PICK UPS...ON/OFFS ( STRETCH AFTER EACH, especially " IT " areas )

**SKILLS: ( VIDEO EACH SKILL )**

**SHOT PUT ...SHORT, SPECIFIC WARM UP...4-6 THROWS FULL, then DRILLS / SHADOWS after**

**HH... FULL DS SPRINT WM UP, PLUS WALL DRILLS, then SIDES,TOPS, BLOCKS ( Indoors ='s 3 HH )**

**LUNCH...11:30AM-2:00 PM ..... FOOD,NAP,FLUIDS,RELAX TIME**

**PM SESSION...2:00PM.. HAYWARD..SECONDARY WM UP PLUS 10 MINUTE STRETCH**

**SKILLS: ( VIDEO EACH SKILL )**

**BRI...SHOT PUT ( if not done in AM session )**

**\*\*SAND SHOCK PLYOS PRIOR TO START OF HJ PRACTICE**

**HIGH JUMP....DRILLS,SKILLS , LEAD UPS, JUMPS ( short and full approach, variety )**

**400 TRAINING...(TYPICALLY 100'S IN A VARIETY OF MODES, EXAMPLE: 10 x's 100m with 1 min recovery...gets faster each week as season progresses)**

**NUTRITION, POOL RECOVERY RUNS AND WM DOWN ( CASANOVA CENTER..CAS )**

**HOT/COLD CONTRAST, BUGS, STRETCH**

**TUESDAYS... 9 AM...CAS LOFT..PRE MEET WARM UP TO INCLUDE:**

**Treadmill/jog/med ball wall/sprint drill warm up/on...offs/med ball multi throws/flexibility/pool runs & arms/etc.**

**Finish with SHOT PUT SHADOW ( Review from yesterday ...5-6 minutes MAX )**

**12:30 PM ..HAYWARD... ( ASHTON )...1:30 PM ( BRIANNE )**

**ACTIVITIES: JOG ONE LAP**

MED BALL WALL 6-8 MINUTES CONTINUALLY

HH STRETCH FOR 10 MINUTES ( IT & GROIN EMPHASIS )

2 SETS BUBKAS AND ROPE UPS

**SKILLS: ( VIDEO EACH )**

**DISCUS...**MIRRORS, SHADOWS,RHYTHMN, STANDS,FULLS,OUTDOORS/INDOORS

**JAVELIN...**STANDS, MIRRORS, SINGLE CROSS, APPROACHES...COACH TO OUTLINE SPECIFICS

**WT TR** ( either at Hayward or CAS )...early fall 4 x's /week...late Fall, 3 x's/week...ADJUSTMENTS as needed made by coach

DAY WRAP UP='s **AGGRESSIVE MULTI THROWS OUTDOORS ( OHB, UHF, DL HOP/PUSH ) AND /OR PULL UP/CHIN UP CIRCUIT** ='s... (see below )

**BUBKAS /ASH...ROPE /BRI... 30 ABS/CHINS/40ABS/PULL UPS/40 ABS/MB CHEST/30 ABS...5 MIN RECOVERY...REPEAT**

**POOL RECOVERY RUNS = LAFAYETTES WITH JETS ( 12 -14 SECONDS X'S 5-6 )**

**CONTRAST,BUGS, STRETCH**

**MASSAGE / PHYSIO WORK FOR ALL**

**WEDNESDAYS....10-11:30 AM...HAYWARD ( BRI AT 9 AM )**

**AM SESSION...JOG LAP / LIGHT STRETCH**

HH MOBILITY X'S 6 HH WITH MED BALL, posture emphasis

MED BALL SLAM EXERCISES: CHEST WALL/SLAM DOWNS/OHB BOTH WAYS

MIRROR SPRINT ARMS WITH WEIGHT ( so LJ approach is TIMED UP )

SAND PIT SHOCK PLYOS for specific warm up of legs prior to LJ practice...DLKTC, DLHTB, STANDING LJ , ETC.

ACCELERATIONS TO FINALIZE WM UP FOR LONG JUMP...could be on/off, could be 30 m accelerations using LJ format of run , could be FALLING 20'S/30'S, etc.

( Last Item of warm up )...LJ short t/o's into HJ Pit x's 3-4 ( with landing ) Time it up ! Place T/O marks at 8' and 10 ' from pit.

**SKILLS: ( VIDEO EACH )**

**LONG JUMP**... FULL APPROACH AND T/O's ( and/or step offs ) X'S 3-5...FOLLOWED BY 4 L's SHORTS X's 6-8 WITH LANDINGS EITHER IN SAND PIT OR HJ MAT

**LUNCH**...11:30AM-2:30PM ...Relax/Food/ Nap

**PM SESSION...HAYWARD...2:30 ASH... BRI... 4 PM**

**SECONDARY WARM UP**...SPECIFIC TO MEET NEEDS OF EVENTS PRACTICED...SHOULD INCLUDE THE FOLLOWING: SPRINT ACCELERATIONS, LOWER BODY STRETCH, ROPE UPS, POLE RUNS OFF TO SIDE, BUBKAS, etc.

**SKILLS: ( VIDEO EACH )**

**POLE VAULT**.. .4's , 5's , 6's ,LEAD UPS INCLUDE ROPE UPS, BUBKAS, ETC, DRILLS/FULLS

**400 M INTERVAL TRAINING** (VARIETY OF 200'S,300'S, 250'S, 150'S ETC )

**POOL WARM DOWN AFTER at CAS =s 5-6 minute jog at 5 MPH**

***HOT & COLD CONTRAST/FOOD/FLUIDS/ BUGS/ STRETCH***

**THURSDAYS...10 AM...HAYWARD... \*\*\*\*\*RECOVERY DAY\*\*\*\*\***

**ACTIVITIES:** JOG A LAP / LIGHT STRETCH / STRIDERS + STRETCH AFTER EACH

MED BALL WALL 6 MINUTES CONTINUOUS

MED BALL ROLL EXERCISES

HH STRETCH...10-12 MINUTES

MIRROR ARMS SPRINT DRILLS WITH WEIGHTS

**SHADOW SHOT PUT / JAVELIN TODAY**...6-10 MINUTES MAX EACH

**WEIGHT TRAIN THURSDAY PROGRAM ( 3 X'S / WEEK PROGRAM ) ( Hayward or CAS )**

**MULTI THROWS** WITH MED BALL or outdoors with 15lb shot ASH/4k shot BRI

**PNF STRETCH AFTER, PLUS ABS X'S 200 ( DO ABS BETWEEN WT. TR EXERCISES )**

**POOL RECOVERY JOG at CAS ( EMPHASIS placed on the word RECOVERY )**

**CONTRAST / STRETCH /BUGS/FOOD/FLUIDS**

**FRIDAY .... 10 AM... HAYWARD ...skill day...SHADOWS AND / OR FULLS...**

WM UP ACTIVITIES: JOG LAP / LIGHT STRETCH

FULL DS SPRINT WARM UP PROGRAM

MED BALL WALL & ROLLS

MIRROR SPRINT ARMS WITH WEIGHT

HH STRETCH 10 MINUTES / STRIDERS/RUNNING OF SOME NATURE TO BE CERTAIN WE ARE LOOSE  
...EACH CHOOSES WHAT THEY NEED IN THIS WM UP SO AS TO BE READY FOR THE PM HILLS

**SKILLS: ( VIDEO EACH )**

**HIGH JUMP...APPROACH WORK ONLY TODAY**

**DISCUS... (ASH )...DRILLS, STARTS, STANDS, RHYTHMN..NO FULLS TODAY UNLESS LEGS FEEL  
AMAZINGLY GREAT!! Remember, IT's FRIDAY !!!**

**DS FULL SPRINT WARM UP DRILLS, PLUS STRIDERS IN SPIKES\*\*\*\*\***

**BLOCK STARTS / REACTS 20-30 M X'S 3-4\*\*\*\*\***

**HILLS AT HENDRICKS ( 200/400 ORIENTATION )\*\*\*\*\***

**\*\*\*\*\*Each of the above can be pushed to Saturday ( see below )**

POOL WM DOWN RUNS ON TREAD MILL AT 5 MPH/5-6 minutes

CONTRAST / BUGS / STRETCH / FOOD/ FLUIDS

**MASSAGE & PHYSIO WORK PM**

**SATURDAYS...1 PRACTICE TODAY...TIME: T B D / Competition days in Spring**

WARM UP AS NEEDED PER EVENTS TODAY...PNF DEFINITELY..HH STRETCH...FULL MED BALL,ETC.

**ACTIVITIES:**

EVENTS T B D BY INDIVIDUAL NEEDS AND HOW BODY FEELS AT THIS TIME OF WEEK

WEIGHT TRAINING SATURDAY PROGRAM ( Hayward )

DS SPRINT WM UP DRILLS, plus striders

BLOCK REACTS AND FULLS AS FINAL PREP FOR HILL WORKOUT

HENDRICKS HILLS ( IF NOT DONE ON FRIDAY...200 / 400 ORIENTATION ) NOTE : IF NOT HILLS TODAY, SAND **SHOCK** PLYOS , **CONTROLLED** VOLUME.

ABS X 200

CONTRAST at Hayward Training Room OR CAS IF OPEN

**15 MINUTE GROUP STRETCH AFTER TO DE BRIEF WEEK AND PLAN FOR THE FOLLOWING WEEK OF TRAINING.**

**SUNDAYS**...OFF...R & R...7:30 PM GROUP STRETCH