

# EXPLOSIVE MOVEMENT and FITNESS WORK-OUTS

	<p>Coach Boone 602 619-8460</p> <p><b>Speed, Plyo, Interval Run, and Anaerobic/Lactate Conditioning</b></p>
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1. SPEED SPRINTS	2. PLYOMETRIC/EXPLOSIVE MOVEMENT
<p>Clean starts, max speed, walk back for recovery</p> <p>REST:WORK = 12:1</p> <p>Warm-up: 10 to 15 minutes of jog/skip/dynamic flexibility</p> <ul style="list-style-type: none"> <li>▪ 10 yd x 8 reps</li> <li>▪ 20 yd x 6 reps</li> <li>▪ 40 yd x 4 reps</li> <li>▪ 60 yd x 2 reps</li> </ul> <p>Cool-down: walk or jog/static stretch</p>	<p>Maximum effort every rep</p> <p>REST:WORK = 15:1</p> <p>Warm-up: 10 to 15 minutes of jog/skip/dynamic flexibility</p> <ul style="list-style-type: none"> <li>▪ Sqt drops 2 x 8</li> <li>▪ Alternate stagger jumps 2 x 8</li> <li>▪ Box jumps 2 x 8</li> <li>▪ Single leg jumps 2 x 8</li> <li>▪ Sumo jumps 2 x 8</li> <li>▪ Long jumps 2 x 5</li> <li>▪ Single leg bounding 2 x 5 (each leg)</li> <li>▪ Lateral "frogger" jumps 2 x 5 (each direction)</li> <li>▪ Lateral quick-step on box 2 x 20</li> </ul> <p>Cool-down: walk or jog/static stretch</p>
3. INTERNAL RUN	4. ANAEROBIC/LACTATE RUNNING
<p>10 to 15 minutes (50 sec of jogging w/ 10 sec of sprinting)</p> <p>Perform 20 min of speedwork or agility. i.e. cone drills, dots, ladders, shuttles.</p>	<p>Warm up with dynamic flexibility</p> <ul style="list-style-type: none"> <li>▪ 200 yd x 4 30 to 40 sec followed by 1:30 to 2 min rest</li> <li>▪ 400 yd x 2 1:10 to 1:45 followed by 3:30 to 5:00 min rest</li> <li>▪ 800 yd x 1 2:30 to 3:45 followed by walking 3 to 5 min then 5 to 10 min of static stretching.</li> </ul> <p>--Proper warm up and cool down                  --3:1 or 4:1 rest-to-work ratio                  --Run at coolest time of day if you are not used to heat yet. Eat and hydrate appropriately as instructed by coaches. Adjust time as needed for your level of fitness. Take a partner with you to do this activity on the track.</p>