

THE GET ON TRACK WORKOUT

EXERCISE	SETS	REPS
DYNAMIC WARM UP: GET YOUR BLOOD FLOWING, MUSCLES WARM AND JOINTS READY TO WORK		
JOG AROUND TRACK: ¼ MILE		
BUTT KICK RUN	2	20 PER LEG
KNEE HUG WALK	2	15 PER LEG
INCH WORM	2	10
WALKING LUNGES	2	20 PER LEG
ANKLE HOPS	2	20 PER LEG
PLYOMETRIC DRILLS: REST 30 - 60 SECONDS AFTER EACH SET.		
A-SKIPS	3	20 EACH LEG
BOUNDS	3	15 EACH LEG
BROAD JUMPS	3	10 REPS
TUCK JUMPS	3	10 REPS
SPRINT PROGRESSION: AFTER EACH SPRINT, WALK BACK TO THE START LINE SLOWLY AS YOUR RECOVERY. NOTE: 50M IS ABOUT HALF THE LENGTH OF A FOOTBALL FIELD.		
2 X 50M* SPRINTS @ 50% EFFORT		
2 X 50M SPRINTS @ 75% EFFORT		
2 X 50M SPRINTS @100% EFFORT		
4 X 100M SPRINTS @ 100% EFFORT		
<i>ADVANCED ADD-ON: 2 X 200M SPRINTS @ 90% EFFORT</i>		
STADIUM CIRCUIT: USING ONE FLIGHT OF STAIRS, COMPLETE THE FOLLOWING 3 TIMES. REST 90 SECONDS AFTER EACH ROTATION.		
SPRINT STAIRS		
STAIR CLIMB WITH KICK BACK		
STAIR HOP		
BLEACHER SQUAT CLIMB - LEFT		
SPRINT STAIRS		
BLEACHER SQUAT CLIMB - RIGHT		