

Fast Forward 2026 Track & Field Summer Season Training Program

EXTREMELY IMPORTANT!!!: IF AT ANY TIME, YOU FEEL THE LEAST BIT OF PAIN, PRESSURE OR TIGHTNESS, LET A COACH AND/OR PARENT KNOW, INCLUDING GOOD MUSCLE SORENESS. LET US DETERMINE IF IT IS OK TO CONTINUE OR NOT. THIS ALSO HELPS US UNDERSTAND HOW YOUR BODY RESPONDS AND RECOVER FROM ASSIGNED WORKOUTS.

Before you begin, please review these Videos:

- Front Side Mechanics: <https://youtu.be/uiM2CtVfWc?si=6l6EZMU4Akqvsijy>
- Squatting: <https://youtu.be/gcNh17Ckigg?si=PL7icYPIHTgDsr9o>

Injuries:

A. Groin Injury:

- i Test and Rehab: https://youtu.be/T0udy4rQwwU?si=7_c5yLzWUCD-4GPY
- ii Rehab: <https://youtu.be/FxNxLu7u1No?si=z1WDuhVbUBsOR1ZK>
- iii Strengthening other areas to prevent Groin Injury: <https://youtu.be/rweMIUBj6c?si=BiS8phphgmKGXH0B>

B. Hip Flexor:

- i Rehab and Strengthening: <https://www.youtube.com/watch?v=B1u9FkZVe3g>

C. Shin Splint / Stress Fracture:

- i Diagnosis: <https://www.youtube.com/watch?v=uradgRr-AUE>
- ii Rehab and Strengthening: <https://www.youtube.com/watch?v=OyNx5VMzcc>

D. Calf Injury:

- i Diagnosis: https://youtu.be/5ftodM_9uJc?si=VdLi0Vvw09CXUF1j
- ii Rehab and Strengthening: <https://youtu.be/Q8egrbpRO2U?si=CWVn-v-A05ry2OwO>

E. Hamstring Injury:

- i Diagnosis: <https://youtu.be/C1zjuMSbp7g?si=26reYa8LXLjL7d5>
- ii Understanding Rehab: <https://youtu.be/DKuiG5MUqGQ?si=JBnsnNlAcLmOjxIF>
- iii Rehab and Strengthening: <https://youtu.be/xV7Vzeo5zD4?si=Pqied8nfM7plaEyK>

Below is a list of all Drills you will encounter within our Training Program. There is also a video illustrating how to perform each movement. Please be careful when lifting weights. If you are unsure about anything, please ask a Coach. Sending videos to Coach A is encouraged for feedback.

This Training Program is based on a High Intensity, Low Volume methodology. Some of you coming from a High Volume Program may feel you need to do more. Please "Trust the Process" and allow time to develop in order to see the results of this method.

The primary focus of this method is to reduce injury and promote recovery. If at anytime you feel pain or pressure, please let a Coach know.

Indoor Season is a time to work on the foundation of sprinting, optimizing mechanics and preparing your body to accept elite training for next level results. Please feel free to reach out to us with any questions you may have.

Training Program:

1. Warm-up :

- A. 100m Warm up Strides x 2 (80m run 20m breakdown) 30sec recovery between stride
- B. Dynamic Stretches & Skip Drills https://youtu.be/ycHLgNGCpQY?si=v_9M1rJUy_5SjJ4p
- C. Cones/Banana Hurdles/Wickets <https://www.youtube.com/watch?v=OeDq7XUy-e0>
- D. Stretching (Static Stretching) – Hold movement for 30 sec, Relax 30 sec. go to next movement.
<https://www.youtube.com/watch?v=KJaWIBg15n0>
- E. 5Min Stretching Routine Cool Down Stretch 5 min https://youtu.be/7hCSV5QNV6k?si=hUKZzZn_kdEtgrP
- F. Foam roll full body 10 min <https://youtu.be/Oz4xHEgMaLY?si=-tvJs0GoI3Kh5qIY>
- G. Banded lateral walks <https://youtu.be/PhNkkOieB-8?si=7kBevnsG25fquMZI>
- H. Light Jog: (just above speed walking pace) *Usually when returning from injury.

2. Sprint Mechanics:

- A. Quick Step - <https://www.youtube.com/watch?v=qHI9Y-lz8yc>
- B. Scissors - (L2) Straight Leg Scissor Short Quick (30meters x 2) <https://www.youtube.com/watch?v=WRese2qaI8I>
- C. Straight Leg Scissors Long powerful (30meters x2) <https://www.youtube.com/watch?v=eci4IO2FhSk>
- D. Ankling <https://www.youtube.com/watch?v=mHAZ1SrkaWM>
- E. Butt Kicks <https://youtu.be/xRjl6d9mtCo>
- F. Dribble <https://www.youtube.com/watch?v=rHVupt0hUk4>
- G. High Knee <https://www.youtube.com/watch?v=koAkJJVT7Y>
- H. High Knee Cycle <https://www.youtube.com/watch?v=keSP55t6gOM>
- I. Switches <https://youtu.be/f0RO832xZxI?si=pXhnRpNdwzAgkztu>
- J. Sled Marches https://youtu.be/YWX4lh8CDJM?si=kFt_okOBS7Ove05P

3. Plyos:

- A. Bunny Hops - <https://www.youtube.com/watch?v=qSrnfSmBpKA>
- B. Fast Baby Box Jumps - <https://www.youtube.com/watch?v=0OZRjOqAMfM>
- C. Seated Box Jumps - <https://youtu.be/yhBwqIvXHgw?si=fxPkwugk718oV3k>
- D. Box jumps - <https://youtube.com/shorts/Z9Vw6MxOHP8?si=XJKYCQEJEv040sOZ>
- E. Single Leg Box Jumps - https://www.youtube.com/watch?v=LDU_yVvp7pA
- F. Box Knee Lifts - <https://www.youtube.com/watch?v=sGQ2sj3h-Yc>
- G. Depth Jumps <https://youtube.com/shorts/ndg8w0g8tA8?si=RGym1GoJzi1tJGc>
- I. Bounds Bent Leg 30meters x 2 <https://www.youtube.com/watch?v=b3124L0KK3Q>
- J. Broad Jumps Broad jumps <https://youtu.be/XqpN9AbLMe4?si=wozEckdbzmS0cx57>
- K. Reaches (High Knee Skips) <https://www.youtube.com/watch?v=HvH5WZk0f90>
- L. Knee Jumps - <https://www.youtube.com/watch?v=DprA94Mos80>

4. Sprints:

- A. Short Pushes & Repeats - 1)30m, 2)40, 3)60, 4)80, 5) 120, 6) 150, 7) 200, 8)300, 9)350, 10)400
- B. Round Robin – 1) (100m sprint, 100m walk, 200m build), 2) (200m sprint, 100m walk, 100m sprint)
- C. Sprint Builds – 1) 100m (hold max vol at 60m) 2) 200m (hold max vol at 150m, 3) 400m (hold max vol at 300)
- D. Tempo Runs – 1) 100m, 2) 150m, 3) 200, 4) 300, 5) 400
- E. OverSpeed (30m, 60m, 80m, 100m) Pulling Sprints

5. Resistance:

- A. Sleds Short 30m, Mid 60m, Long 90m <https://youtu.be/9DcxFCIkAk?si=vnkCXIEW5PBex6wU>
- B. Resistance sprint drill <https://youtu.be/yjPMdXe65oU?si=ZXTdji8H8sr86op>
- C. High Knee Holds - <https://www.youtube.com/watch?v=mWOWpBGGY4k>
- D. Push Downs <https://youtu.be/SfYJM9MnLVE?si=GjIMjTY3hXrI80xp>
- E. Knee Drives <https://youtube.com/shorts/KFdZ5GiRWpE?si=RMI2IY22INku2KGC>

6. Strength and Conditioning – Gym & Home Body Weight Workouts

- A. Full Body dumbbell 30Min Conditioning Workout <https://youtu.be/4sUGg9mcMGU?si=n9G7hfQz4FKpMdkr>
- B. Flexor Information - <https://www.youtube.com/watch?v=mWOWpBGGY4k>

UPPER BODY All Movements Slow eccentric and Explode Concentric

GYM	Home
C. Bench Press (GYM) (slow down, explode up) https://youtu.be/pQxXoYIOjUs?si=QVpY51MhnZNqo1Nn	D. Push-ups (Home Body Weight) (slow down, explode up) sets 1 min https://www.youtube.com/watch?v=VTE730D0Vik
D. Inclined Bench Press https://youtube.com/shorts/RuI2IsZv4yw?si=QQ3rHXtf15k-CVCG	E. Plyo Push-ups https://youtu.be/MH4gcTKQIEc
E. Dumbbell Shoulder Press https://youtu.be/vlFGT15JzI?si=w9jYx88TseugDjnl	F. Partial fast Push-up pumps to failure https://youtu.be/Z1i1Xa1DdQ4?si=mXzCh5zkkIveass-
F. Machine Shoulder Press https://youtube.com/shorts/3_s40DZFGol?si=AoiZpkbbGxf98VUg	G. Tyson Pushup to https://youtu.be/j-oSVFU2eMc?si=-i9FgzwwtGymM4xb
G. Cable Lateral Raises https://youtube.com/shorts/IMJUXEvcMkQ?si=-qh3SG-dm6qTMBh2	H. Decline Push ups https://www.youtube.com/shorts/dcV-ATSeryA
H. Rear Delt Laying Lateral Raises https://youtube.com/shorts/uyfsuXysfA8?si=XM1_pUlg-oZRI2sw	I. Shoulder Press (Home Body Weight) - https://www.youtube.com/watch?v=g_Bx1LhQb7A
I. Pull-ups - https://youtube.com/shorts/6YGGFTKIDdw?si=58aSifK_Dcl--U0o	J. Dumbbell Front Raises https://www.youtube.com/shorts/yHx8wPv4RPO
J. Assisted Pull-ups https://youtu.be/H_Z5BBiJxLY?si=y2xHedATA369Fel9	K. Dumbbell Lateral Raises https://youtube.com/shorts/xyK8UiC-BUw?si=uUL8OY4moPMq1QLS
K. Cable Bicep Curls https://youtu.be/OPwFV36XJjE?si=BzxPiUQnU9U5_ra	L. Rear Delt Dumbbell Bent Over Lateral Raises https://www.youtube.com/watch?v=SWjzFaH9QXA
L. Barbell Bicep Curls https://youtu.be/llqu4IFYSQw?si=VOiuN-WQc2Znj0_l	O. Bent over Dumbbell Rows https://youtube.com/shorts/dD-jK2l_zQE?si=3xEhz-jLUjTP4SlT
M. Triceps Pulldowns https://youtube.com/shorts/4NWWB0f0vzQ?si=IsDr1zUI44w5zo3_U	M. Bicep Curl Alternatives No weights https://youtu.be/p8z4fhUWhP4?si=qgFFsnf3QN_wlFFt
N. Machine Back Rows - https://www.youtube.com/shorts/3cR8rEIT5sY	N. Dumbbell Bicep Curl https://www.youtube.com/watch?v=sYV-ki-1blM
C. Bent Over Barbell Rows https://youtu.be/l-ggwIP0J90?si=ffG6ZHDvYpoqONLL	O. Tricep Dips https://youtube.com/shorts/9llvBAV4RHI?si=qkuZDPBtQYHixzk_W
	P. Bridge Holds https://youtube.com/shorts/dD-jK2l_zQE?si=3xEhz-jLUjTP4SlT
	Q. Arm Swings https://youtube.com/shorts/E9JrAhj22-E?si=lQOXAI_3C6FTbElF

MID SECTION – Core, Hip Flexors, Obliques

GYM	HOME or GYM
<p>R. Declined Crunches, Standing Crunches, Wood Chops, Cable Twists, Reverse Crunches https://youtube.com/shorts/tEOxbcUyL_w?si=RVh2fmSuyV_ddRiw</p> <p>S. Leg Raises https://youtube.com/shorts/1XgbnXtOUvk?si=IUN0r51Tc0D3Qw8V</p> <p>T. Ab Machine https://www.youtube.com/shorts/2qG8SldnKS0</p> <p>U. Cable Knee Drive https://www.youtube.com/watch?v=ndKcrVrM5ao</p>	<p>V. Hip Flexor Information - https://www.youtube.com/watch?v=mWOWpBGgy4k</p> <p>W. Lying Leg Raises - https://www.youtube.com/watch?v=eVbmil4YSdU</p> <p>X. Lying cycles - https://youtu.be/-wJf1tYp2Rc?si=j8adm8BUTFyutack</p> <p>Y. Planks https://youtube.com/shorts/v25dawSzRTM?si=PhZnzlytWGhtqa4L</p> <p>Z. Side Planks https://youtube.com/shorts/MNceavE3AdA?si=E0BHZ49AOjGMZd2u</p> <p>AA. Dead Bug https://youtu.be/MCVX9wRd_h0?si=9YHG7ZOS5SVOS7c</p> <p>BB. Hollow Hold https://youtube.com/shorts/Xk-JcNj6lfY?si=5ATR3tRQ21us4a8G</p> <p>CC. Bird dogs 3x10 https://youtube.com/shorts/pS-SfFoc8uk?si=zsWcR99CbrTkK9w</p> <p>DD. Suitcase Crunches https://youtu.be/OlzHNUVL4Qo?si=nVGGHVj0PP0RxP5x</p> <p>EE. Crunches https://youtube.com/shorts/eeJ_CYqSoT4?si=u4-jpallRC668p3V</p> <p>FF. Flutter Kicks https://youtu.be/ZEjloSZwXqI?si=tM4fMeW9r3rcvldQ</p> <p>GG. Flutter kicks horizontal</p> <p>HH. Core Superset - https://www.youtube.com/shorts/_vMoLyECS00</p>

LOWER BODY: ANKLES/CALVES/SHINS/HAMSTRINGS/QUADS/GLUTES

***Calf exercise instructions** https://youtube.com/shorts/a-x_NR-ibos?si=D6YcQ_asSu9yq5LF

GYM	HOME
<p>II. 5min calf workout https://youtu.be/88Tf3QXAf08?si=IJKXn11DKpSGNcY</p> <p>JJ. Dumbbell Bench Squats https://youtu.be/IDq799WEDsE</p> <p>KK. Single Leg Elevated Box Squat https://youtu.be/Rr9DrudC-K8</p> <p>LL. Leg Extensions: https://www.youtube.com/shorts/Q08XtEFpo08</p> <p>MM. Leg Curls https://youtu.be/q1cKTmaeQWo</p> <p>GLUTS/HIP FLEXORS</p> <p>NN. Lateral Cable leg raisers https://youtu.be/pvnR8CDb4BU</p> <p>OO. Cable Glute Pull Through https://youtu.be/DbSF7ipBh5Y</p> <p>PP. Hip Thrust https://youtu.be/iO9qZF0rzuE</p> <p>QQ. Back Extensions https://youtube.com/shorts/9XN23dIEqLE?si=Pb-UXCduqZu2TH-p</p> <p>RR. Single Leg RDL to Knee Drive https://youtu.be/NiM9tvNfWM8?si=jY297d5irUCpNxD</p>	<p>SS. Shin Pulls https://youtu.be/CZhpW_uulw</p> <p>TT. Calf Raises - https://www.youtube.com/watch?v=3sXEgQTToVY</p> <p>UU. Elevated Calf Raises https://youtu.be/cktrbwJdYSo</p> <p>VV. Reverse Calf Raises https://www.youtube.com/watch?v=SPQeT18Gm-M</p> <p>WW. Raised Heel Squat https://youtu.be/hqh91-tY7Ss</p> <p>XX. Chair Hamstring Curls https://youtu.be/3iJcmTggBXA?si=H7pbKg64bAUGNbs9</p> <p>YY. Leg Extension Alternative - https://youtu.be/tt2fizr_trw</p> <p>ZZ. Towel Leg Curls - https://www.youtube.com/shorts/TtCGepVWDQc</p> <p>AAA. Nordic Curls https://youtube.com/shorts/DAwJCKwMUJg?si=fDm4m0VDYyso0Adt</p> <p>GLUTS/HIP FLEXORS</p> <p>BBB. Reverse Nordic Curl https://youtu.be/_mDFKgyPPs</p> <p>CCC. Standing Side leg raises - https://www.youtube.com/watch?v=gJoQuwYzyDo</p> <p>DDD. Romanian Dead Lift https://youtube.com/shorts/gCvKicYisbM?si=q4Y9WujCuSkSmsl8</p> <p>EEE. On knees Kick Back (No Curl) https://www.youtube.com/watch?v=gDgc8ZmKVqY</p> <p>FFF. Standing front weighted leg raises - https://www.youtube.com/watch?v=XGdAuJCYLOY</p>

GYM TOTAL LEG

GGG. Power Clean https://youtu.be/KwYJTpQ_x5A?si=S5aUaafL9Jwc2oo2

HHH. Trap bar squat <https://youtu.be/HyHk1ofNE8E?si=nSeLJ7U5-nEcTHVz>

HOME TOTAL LEG

III. Jump Squats Singles <https://www.youtube.com/watch?v=EbOPpWi4L8s>

JJJ. Split Squat <https://youtu.be/hXpGSa5HYqY?si=IPMf9DWOEpKqAFmZ>

KKK. Step Forward Lunges <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

LLL. Step Backward/Reverse Lunges <https://youtu.be/Ubu3uwdPns8>

MMM. Split Squat <https://youtu.be/hXpGSa5HYqY?si=IPMf9DWOEpKqAFmZ>

NNN. Bulgarian split Squat https://youtube.com/shorts/IG3MsPmEQQk?si=plGMPN9Xb97_HU_8

OOO. Step Forward Lunges <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

PPP. Step Backward Lunges <https://youtu.be/Ubu3uwdPns8>

QQQ. Bulgarian Split Squat https://youtube.com/shorts/IG3MsPmEQQk?si=plGMPN9Xb97_HU_8

7. Off Track Cardio:

A. Elliptical Running <https://youtu.be/YPP7XAW8RfU?si=LTfegqxxotLHWgf5>

B. 15min Pool Workout https://youtu.be/rQik6209gtg?si=8yVG_nl6nd6fx7Mb

C. 30Min Cardio Session: <https://youtu.be/ml6cT4AZdql>

D. Jumping Jacks - <https://www.youtube.com/watch?v=iSSAk4XCsRA>

E. Routine (Jumping jacks, Side Step Jack, Push Jack, Squat Jack, Split Squat Jack, Plyo Jack, Cross Over Jack, running jack, Seal Jack, Oblique Jack, Burpee Jack, Plank Jacks, Push up Jacks, situp jack, <https://www.youtube.com/watch?v=E1MLfbD5i8A>

F. Run in place - <https://www.youtube.com/watch?v=GqeS9KeECDg>

G. Burpees - <https://www.youtube.com/watch?v=21v4CKFZho>

H. E. 30Min Workout <https://youtu.be/ml6cT4AZdql>

8. Blocks Starts: <https://www.youtube.com/watch?v=63IDb4ICqMM> (3 point stance if no blocks)

A. First 6 steps low x 3 (1 minute recovery)

B. Up to 20m dig phase x2 (3 minute recovery)

C. Up to 30m transition to acceleration x2 (3 minute recovery)

D. Block Jump on Mat - <https://www.youtube.com/watch?v=evlkShZAdH4>

9. Hurdle Session:

A. Trail Leg Cycles. https://youtu.be/jztoA_pjKCg 2 sets of 8 (full recovery)

B. Lead Leg Wall Drive. <https://youtu.be/xaoWsJcFCwE> 2 sets of 5 (full recovery)

C. Rain Dance. <https://youtu.be/xaoWsJcFCwE> 2 sets of 10 both legs (full recovery)

D. Single Leg Walk Over: <https://youtu.be/5bqzodpaLnE> 1 set over seven hurdles

E. Double Leg Walk Over: https://youtu.be/7bvNVCnsnhE?si=MVleRPNx0_r71B4R 1 set over seven hurdles both legs

F. Lead Leg Skip Drill: <https://youtu.be/ZGaqIq2Hces> 1 set over seven hurdles both legs

G. Trail Leg Skip Drill: <https://youtu.be/ZGaqIq2Hces> 1 set over seven hurdles both legs

H. Lateral Step over Drill: <https://youtu.be/jaEiu4TPpTU> 1 set both legs

I. Quick 1 Step Pop ups: <https://youtu.be/Mss1osH8qHE> 3 sets J. Quick 3 Step Pop ups: <https://youtu.be/ZGaqIq2Hces> 3 sets

10. Long Jump Session:

A. Jump Mechanics: <https://youtu.be/FOtUoIY0E60>

B. One leg two leg landing broad jump: <https://youtu.be/FOtUoIY0E60>

C. Power Skips for Height(reaches): <https://www.youtube.com/watch?v=EMW4y-UiAvE60>

D. Power Skips for distance: https://youtu.be/oCxtqG3Tc_U60

E. Alternate leg pop ups: <https://youtu.be/VoM6Ychp04s>

F. Running pop ups: <https://youtu.be/VoM6Ychp04s>

G. Landing Drill: <https://youtu.be/NZyrKyn-JqM>

11. Triple Jump: (Include Long Jump Drills)

- A. Left, Left Right, Right, Left, Left, Right, Right Drills for Height
- B. Left, Left Right, Right, Left, Left, Right, Right Drills for Distance
- C. Left, Left, Right, jump into pit
- D. Right, Right, Left, Jump into pit
- E. Sprint 6steps Phase 1 run through
- F. Sprint 6steps Phase 1 & 2 run through
- G. Jump Splits - https://youtu.be/qvqPVI2KzLc?si=xQUEnFhXjNggE_O9
- H. Landing Drill: <https://youtu.be/NZyrKyn-JqM>

12. High Jump:

- A. Jumping Back Overs - <https://youtube.com/shorts/C3LAR93BOGY?si=exP-fcciXpHK1NSc>
- B. High Jump Scissors - <https://youtube.com/shorts/3QJ4g5T4VAM?si=KFa0s8LfOy9Tf2dc>
- C. Curve Drill - <https://youtu.be/mMHOkEciFMc?si=6R1kstuwyYY7jTnm>
- D. Back Overs - <https://youtu.be/KTdjOOjb7Ng?si=w4TWn-A6ySaqtX5S>
- E. Circular High Knee Skips & Jumps - <https://youtu.be/mOh5W3oJyPY?si=HcTRGIGBXCzFkG7g>

13. Disc:

- A. Kneeling disc throw
- B. Short Spin drill - https://www.youtube.com/watch?v=hvxG2BeLQ3g&ab_channel=JohnBowman
- C. Resistance Spin Strength Conditioning - https://www.youtube.com/watch?v=qpCfJ2M6New&ab_channel=ThrowsUniversity

14. Shot:

- A. Resistance Spin Strength Conditioning – <https://www.youtube.com/watch?v=6DEhRYuMwKQ>

15. 12Minute Fully body on the go workout <https://youtu.be/qoxGhyLvlU8?si=UCgxDXIsILla2rVh>

16. In the event you are injured (lower body), you should attempt to maintain a level of conditioning. This is obtained by bed and/or chair workouts involving fast arm and core engaging movements.

- A. 30Min Chair Workout: <https://youtu.be/SMc9H2TmXUM?si=UgFBN-3wrRgbDrhT>

X: Off

PHASE I - Preseason Indoor Stretch & Strength Condition Workout:

Monday / Thursday, September 29th & October 2nd 2025

LOWER BODY & CORE STRENGTH TRAINING / STATIC STRETCHING

* Squatting: <https://youtu.be/gcNh17Ckigg?si=PL7icYPIHTgDsr9o>

* Calf exercise instructions https://youtube.com/shorts/a-x_NR-ibos?si=D6YcQ_asSu9yq5LF

GYM WORKOUT

- A. Trap Bar Lifts (No Jumps) Slow down, explode up 4reps x 2 sets:
<https://youtu.be/HyHk1ofNE8E?si=nSeLJ7U5-nEcTHVz>
- B. Dumbbell Step Back/Reverse Lunges (Quads) 6 reps x 2 sets:
https://youtube.com/shorts/V4BE-QrEJOc?si=CXiftkYk91Rs2_SV
- C. Leg Extensions (Quads) 6 reps x 2 sets: <https://www.youtube.com/shorts/Q08XtEFpoO8>
- D. Leg Curl (Hamstrings) 6 reps x 2 sets: <https://youtu.be/q1cKTmaeQWo>
- E. Romanian Dead Lifts (RDLs) (Hamstrings) 6 reps x 2 sets:
<https://youtube.com/shorts/gCvKicYisbM?si=q4Y9WujCuSkSmsl8>
- F. Machine Kick Backs (Glutes) 6 reps x 2 sets: <https://youtu.be/WhTxQnm4254?si=ne1XXa-li5WjCEZe>
- G. Hanging Leg Raises (Core) 6 reps x 2 sets: <https://youtube.com/shorts/KDbFKEScp1M?si=lebp0F9xsAs0cz8R>
- H. Declined Crunches, Standing Crunches, Wood Chops, Cable Twits, Reverse Crunches (Core)
https://youtube.com/shorts/tEOxbcUyL_w?si=RVh2fmSuyV_ddRiw
- I. Lateral Leg Raises or Cable Lateral Leg Raises 6reps x 3: <https://www.youtube.com/watch?v=gJoQuwYzyDo>
or <https://youtu.be/pvnR8CDB4BU>
- J. 5 Minutes Calf Session <https://youtu.be/88Tf3QXAf08?si=IjKkXn11DKpSGNcYf8>

1. Rope (without rope) (*30seconds)	6. Single Leg Calf Raises L
2. Tip Toe In/ Out (*30seconds)	7. Single Leg Calf Raises R
3. Wide Calf Raises (*30seconds)	8. Squat w/ Calf Raises (*30seconds)
4. Standard Calf Raises (*30seconds)	9. High Knee on toes (*30seconds)
5. Inward Calf Raises (*30seconds)	

- I. Static Stretching Session: <https://www.youtube.com/watch?v=KJaWIBg15n0>

HOME Workout

- K. Dumbbell Squats (No Jumps) Slow down, explode up 4reps x 2 sets: <https://youtu.be/IDq799WEDsE>
- L. Dumbbell Step Back/Reverse Lunge (Quad) 6 reps x 2 sets:
<https://youtu.be/Ubu3uwdPns8?si=9I2kq6fzeZ42jW8n>
- M. Leg Extension Alternative (Quad) 6 reps x 2 sets: https://youtu.be/tt2fizr_trw
- N. Chair Hamstring Curl (Hamstring) 6 reps x 2 sets: <https://youtu.be/3iJcmTggBXA?si=H7pbKq64bAUGNbS9>
- O. Towel Hamstring Curl (Hamstring) 6 reps x 2 sets: <https://www.youtube.com/shorts/TtCGepVWDQc>
- P. Romanian Dead Lift (Glute) 6 reps x 2 sets: <https://youtube.com/shorts/gCvKicYisbM?si=q4Y9WujCuSkSmsl8>
- Q. On Knees Kick Backs (Glute) 6 reps x 2 sets: <https://www.youtube.com/watch?v=gDgc8ZmKVqY>
- R. Lying Cycles (Hip Flexors) 10sec Moderate Speed x 3sets <https://youtu.be/-wJf1tYp2Rc?si=j8adm8BUTFyutack>
- S. Flutter Kicks (Hip Flexors) 10sec Moderate Speed x 2sets
<https://youtu.be/ZEjloSZwXqI?si=tM4fMeW9r3rcvldQ>
- T. Crunches (Core) Moderate Speed 12 x 2sets https://youtube.com/shorts/eeJ_CYqSoT4?si=u4-jpallIRC668p3V
- U. Side Plank (Core) 10Sec Hold x 2sets each side
<https://youtube.com/shorts/MNceavE3AdA?si=E0BHZ49AOjGMZd2u>
- V. Go to J. 5 Minute Calf Session <https://youtu.be/88Tf3QXAf08?si=IjKkXn11DKpSGNcYf8>
- W. Home Static Stretching Session: <https://www.youtube.com/watch?v=KJaWIBg15n0>

Tuesday / Friday, September 30th & October 3rd 2025

UPPER BODY AND CORE STRENGTH TRAINING / STATIC STRETCHING

GYM WORKOUT

UPPER BODY

- A. Bench Press (Chest) (slow down, explode up) 6 x 3 sets
<https://youtu.be/pQxXoYIOjUs?si=QVpY51MhnZNqo1Nn>
- B. Inclined dumbbell press and fly superset (Chest) 6 x 3sets <https://www.youtube.com/shorts/qToXJNbhugg>
- C. Peck Deck Fly (Chest) 6 x 3sets <https://www.youtube.com/shorts/yD3Oi-GKq98>
- D. Shoulder Press (Shoulders) 6 Reps x 3 sets - https://www.youtube.com/watch?v=g_Bx1LhQb7A
- E. Cable Lateral Raises (Shoulders) 6 x 3 <https://youtube.com/shorts/IMJUXEvcMkQ?si=-qh3SG-dm6qTMBh2>
- F. Pull-ups (ignore rings) (Back) Up to 6 x 3 sets - <https://www.youtube.com/watch?v=FnWrvWZDJTo>
- G. Machine Back Rows (Back) 6 x 3sets <https://www.youtube.com/shorts/3cR8rEIT5sY>
- H. Cable Bicep Curls (Biceps) 6 reps x 3 sets - https://youtu.be/OPwFV36XJE?si=BzxPiUQnU9U5_ra
- I. Triceps Pulldowns (Triceps) 6 reps x 3 sets - <https://www.youtube.com/shorts/4NWWB0f0vzQ>

MID SECTION – Core, Hip Flexors, Obliques

- J. Machine Crunches <https://www.youtube.com/shorts/2qG8SldnKSo>
- K. Cable Knee Drives - <https://www.youtube.com/watch?v=ndKcrVrM5ao>
- L. Crunches Super Set - https://www.youtube.com/shorts/_vMoLyECSO0
- M. Static Stretching Session: <https://www.youtube.com/watch?v=KJaWIBg15n0>

HOME WORKOUT

UPPER BODY

- N. Push-ups (Chest) (slow down, explode up) 6 x 3 sets <https://www.youtube.com/watch?v=VTE730D0VIk>
- O. Decline Push Ups (Chest) 6 x 3 sets <https://www.youtube.com/shorts/dcV-ATSeryA>
- P. Shoulder Press (Shoulders) 6 x 3 sets - https://www.youtube.com/watch?v=g_Bx1LhQb7A
- Q. Dumbbell Front Raises (Shoulders) 6 x 3 sets <https://www.youtube.com/shorts/yHx8wPv4RPo>
- R. Lateral Raises (Shoulders) 6 x 3 sets <https://youtube.com/shorts/xyK8UiC-BUw?si=uUL8OY4moPMq1QLS>
- S. Dumbbell Bent Over Lateral Raises <https://www.youtube.com/watch?v=SWjzFaH9QXA>
- T. Curls (Alternatives to Machine) 6 reps x 3 sets - https://www.youtube.com/watch?v=tAY_QeHqs9c
- U. Dumbbell Bicep Curls <https://www.youtube.com/watch?v=sYV-ki-1bIM>
- V. Chair Tricep Dips <https://youtube.com/shorts/9llvBAV4RHI?si=qkuZDPBtQYHixzkW>
- W. Bent-over rows 6 reps x 3 sets - https://youtube.com/shorts/dD-jK2I_zQE?si=3xEhz-jLJuTP4Slt
- X. Bridge Holds https://youtube.com/shorts/dD-jK2I_zQE?si=3xEhz-jLJuTP4Slt
- Y. Bird Dog (Back/Glute) Bird dogs 8 <https://youtube.com/shorts/pS-SfFoc8uk?si=zsWcR99CbrTkK9w>

MID SECTION – Core, Hip Flexors, Obliques

- Z. Seated Knee lifts - <https://www.youtube.com/watch?v=mWOWpBGGY4k>
- AA. Lying Leg Raises hold 20 sec each leg x 3 1min Rec - <https://www.youtube.com/watch?v=eVbmil4YSdU>
- BB. Standing Front Straight Leg Raises <https://www.youtube.com/watch?v=XGdAuJCYLOY>
- CC. Crunches SuperSet: https://www.youtube.com/shorts/_vMoLyECSO0
- DD. Home Static Stretching Session: <https://www.youtube.com/watch?v=KJaWIBg15n0>

Wednesday, October 1th 2025

- A. 30Min Off Track Cardio Workout <https://youtu.be/ml6cT4AZdqI>
- B. Home Static Stretching Session: <https://www.youtube.com/watch?v=KJaWIBg15n0>

PHASE II – Indoor Preseason Mechanics & Speed Training:

Monday (October)

On Track Practice

Tuesdays (October)

Lower Body Strength Training / Static Stretching

TBD

Wednesday (October)

On Track Practice

Thursdays (October)

UPPER BODY AND CORE

TBD

PHASE III – Indoor In-Season Training (Nov-Jan):

Monday (November)

On Track Practice

Tuesdays (November)

Lower Body Strength Training / Static Stretching

TBD

Wednesday (November)

On Track Practice

Thursdays (November)

UPPER BODY AND CORE

TBD

JAN-MAY: School Season

Outdoor Summer Season (May-Aug):

Monday (May)

On Track Practice

Tuesdays (May)

UPPER BODY AND CORE

Wednesday (May)

On Track Practice

Thursdays (May)

Lower Body Strength Training / Static Stretching

Friday (May)

TBD

Training Calendar

September '25 – Phase I: Pre-Season Flexibility & Strength Training

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Stretching/ Cardio	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Recovery	Recovery
8 – 14	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Stretching/ Cardio	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Recovery	Recovery
15 – 21	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Stretching/ Cardio	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Recovery	Recovery
22 – 28	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Stretching/ Cardio	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Recovery	Recovery
29 – 30	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching					

October '25 – Phase I & Phase II Pre-Season Sprint Mechanics & Speed Training

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 - 5			Stretching/ Cardio	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Recovery	Recovery
6 – 12	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Stretching/ Cardio	Strength Conditioning/ Stretching	Strength Conditioning/ Stretching	Recovery	Recovery
13 – 19	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery
20– 26	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery
28 – 31	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine		

November '25 – Phase II & Phase III In-Season Sprint Mechanics/Speed/Force Production

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 - 2						Recovery	Recovery
3 – 9	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery
10 – 16	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	11/15/25 Get Your Marks Meet JDL College, HS, MS	Recovery
17 – 23	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	11/22/25 It's About That Time Invitational JDL, HS	Recovery
24 – 30	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery

December '25 – Phase IV In-Season Maintenance

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 - 7	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Day Before meet walkthrough	12/7/25 JDL Early Bird Inv. JDL College, HS, MS
8 – 14	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	12/13/25 Stay In Your Lane Inv. JDL College, HS, MS	Recovery
15 – 21	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	12/20/25 Galleria Games Alabama, HS, MS Open JDL Holiday HS Inv. HS	Recovery
22 – 28	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery
39 – 31	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm				

January '26 - Phase IV In-Season Maintenance

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 – 4				Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery
5 – 11	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	1/10/26 Just Don't Lose Classics JDL, HS	Recovery
12 – 18	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	1/17/26 Mondo College Inv. JDL College, HS, MS	Recovery
19 – 25	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	1/24/26 Fast Track Inv. JDL HS	1/25/26 JDL Banked is Better Inv. JDL College, HS, MS
26 – 31	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	1/30/26 JDL Mondo Elite, HS	1/31/26 JDL Mondo Elite, HS	

February '26 - Phase IV In-Season Maintenance (School Pre-Season)

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1							Recovery
2 – 8	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	2/6/26 JDL Camel City Sprints, College, HS MS	2/7/26 JDL Camel City Distance, College, HS MS	Recovery
9 – 15	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery
16 – 22	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	Recovery
23 - 28	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	On Track Practice UofSC 6:00pm	Strength Training/ Stretching/ Cardio	Stretching Routine	Recovery	

May '26 – Nationals (School Season)

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 – 3					TBD	TBD	TBD
4 – 10	TBD	TBD	TBD	TBD	TBD	TBD	TBD
11 – 17	TBD	TBD	TBD	TBD	TBD	TBD	TBD
18 – 24	TBD	TBD	TBD	TBD	TBD	TBD	TBD
25 - 31	TBD	TBD	TBD	TBD	TBD	TBD	TBD

June '26 – Nationals (School Season)

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 – 7	TBD	TBD	TBD	TBD	TBD	TBD	TBD
8 – 14	TBD	TBD	TBD	TBD	TBD	TBD	TBD
15 – 21	TBD	TBD	TBD	TBD	TBD	TBD	TBD
22 – 28	TBD	TBD	TBD	TBD	TBD	TBD	TBD
29 - 30	TBD	TBD					

July '26 – Nationals (School Season)

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 – 5			TBD	TBD	TBD	TBD	TBD
6 – 12	TBD	TBD	TBD	TBD	TBD	TBD	TBD
13 – 19	TBD	TBD	TBD	TBD	TBD	TBD	TBD
20 – 26	TBD	TBD	TBD	TBD	TBD	TBD	TBD
27 - 31	TBD	TBD	TBD	TBD	TBD		

August '26 – Nationals (School Season)

Days	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 – 2						TBD	TBD
3 – 9	TBD	TBD	TBD	TBD	TBD	TBD	TBD
10 – 16	TBD	TBD	TBD	TBD	TBD	TBD	TBD
17 – 23	TBD	TBD	TBD	TBD	TBD	TBD	TBD
24 - 30	TBD	TBD	TBD	TBD	TBD	TBD	TBD
31	TBD						