

CHRISTMAS BREAK WORKOUTS

| Jumpers / Vaulters / Hurlers / Sprinters | | |
|---|--|------------------|
| Date | Workouts | Schedule |
| Monday, December 23, 2024 | 6 x 150m (30-35 sec) Uphill @ 90% / R W Down - Starts - w/u & c/d: 5-7 min | PRACTICE 8:30 AM |
| Tuesday, December 24, 2024 | 8 x 70m FAST (10 sec) / R Full - w/u & c/d: 10 min | ON YOUR OWN |
| Wednesday, December 25, 2024 | MERRY CHRISTMAS | OFF |
| Thursday, December 26, 2024 | Circuit (3 Rounds of 7 exercises for 30-40 seconds) | ON YOUR OWN |
| Friday, December 27, 2024 | 4-5 x 300m (60 sec) @ 85% / R 4-5 min - w/u & c/d: 5-7 min | ON YOUR OWN |
| Saturday, December 28, 2024 | Off | OFF |
| Sunday, December 29, 2024 | Off | OFF |
| Monday, December 30, 2024 | 2 x 600m @ 75% / R 8 min - w/u & c/d: 5-7 min | PRACTICE 8:30 AM |
| Tuesday, December 31, 2024 | 5-6 x 200m @ 88% / R 3 min - w/u & c/d: 5 - 7 min | PRACTICE 8:30 AM |
| Wednesday, January 01, 2025 | Circuit (3 Rounds of 7 exercises for 30-40 seconds) | ON YOUR OWN |

| Distance | | |
|------------------------------|--|------------------|
| Date | Workouts | Schedule |
| Monday, December 23, 2024 | 15-20 min STEADY-STATE run + 4-6 x 200 @ SPRINT / R W 100 + 5 min c/d | PRACTICE 8:30 AM |
| Tuesday, December 24, 2024 | 45-60 minute RECOVERY run + 6 x 25 sec strides | ON YOUR OWN |
| Wednesday, December 25, 2024 | MERRY CHRISTMAS | OFF |
| Thursday, December 26, 2024 | 50 minute RECOVERY run + 6 x 25 sec strides | ON YOUR OWN |
| Friday, December 27, 2024 | 15-20 minute EASY run + 8 x 50m / R Full + 15 minute Easy run | ON YOUR OWN |
| Saturday, December 28, 2024 | 45-60 minute HILLY run | ON YOUR OWN |
| Sunday, December 29, 2024 | Off | OFF |
| Monday, December 30, 2024 | 3 x 1000 @ TEMPO / R 1 min + 4-6 x 200 @ SPRINT / R J 200 + 5-10 min c/d | PRACTICE 8:30 AM |
| Tuesday, December 31, 2024 | 40-50 minute RECOVERY run + 6 x 25 sec strides | PRACTICE 8:30 AM |
| Wednesday, January 01, 2025 | 60-70 minute LONG run | ON YOUR OWN |

| Throwers | | |
|------------------------------|--|------------------|
| Date | Workouts | Schedule |
| Monday, December 23, 2024 | 5 x 40 meter sprints; Throw arm wall pushes 3 x 10; technical drills | PRACTICE 8:30 AM |
| Tuesday, December 24, 2024 | MB Uphill lunges; Exp. throwers do the Bienko throws; Others 15 C's + 15 Power | ON YOUR OWN |
| Wednesday, December 25, 2024 | MERRY CHRISTMAS | OFF |
| Thursday, December 26, 2024 | Circuit (3 Rounds of 7 exercises for 30-40 seconds) - w/u: 10 min | ON YOUR OWN |
| Friday, December 27, 2024 | 5 x 40 meter sprints; Throw arm wall pushes 3 x 10; technical drills | ON YOUR OWN |
| Saturday, December 28, 2024 | Off | OFF |
| Sunday, December 29, 2024 | Off | OFF |
| Monday, December 30, 2024 | MB Uphill lunges; Exp. throwers do the Bienko throws; Others 15 C's + 15 Power | PRACTICE 8:30 AM |
| Tuesday, December 31, 2024 | 5 x 40 meter sprints; Throw arm wall pushes 3 x 10; technical drills | PRACTICE 8:30 AM |
| Wednesday, January 01, 2025 | Circuit (3 Rounds of 7 exercises for 30-40 seconds) - w/u: 10 min | ON YOUR OWN |

*** Typical warm-up, drills, dynamic stretching, cool-down, pushups and situps for every workout.

*** Sprinters, do Ins/Outs regularly and work on your starts.

*** Throwers, work on technique and/or throw if you have an implement to use.