

Bloomington High School Track & Field
Hurdles/Jumps Workout

Week of February 24, 2007



WEEK ONE
RUNNING RAIDERS



Jumps/Hurdles: Roland Brent
 Sprinters: Kenny Herman

Short Hurdles	Vertical Jumps	Long Hurdles	Horizontal Jumps
<p>Monday 4 X 600 – 200 Skip/400 Jog 200 Straight/400 Jog 200 Backwards/400 Jog BK-HK-Side 2 Side 2 Side</p>	<p>Monday 4 X 600 – 200 Skip/400 Jog 200 Straight/400 Jog 200 Backwards/400 Jog BK-HK-Side 2 Side 2 Side</p>	<p>Monday 4 X 600 – 200 Skip/400 Jog 200 Straight/400 Jog 200 Backwards/400 Jog BK-HK-Side 2 Side 2 Side</p>	<p>Monday 4 X 600 – 200 Skip/400 Jog 200 Straight/400 Jog 200 Backwards/400 Jog BK-HK-Side 2 Side 2 Side</p>
<p>Tuesday 350m Test</p>	<p>Tuesday 350m Test</p>	<p>Tuesday 350m Test</p> <ul style="list-style-type: none"> • Hurdle Drills • Back & Forths • Stationary Hurdles 	<p>Tuesday 350m Test</p> <ul style="list-style-type: none"> • Measure Approaches •
<p>Wednesday <i>Endurance Strength</i> 2 (4X60) R=30 sec. r=>4 min. <i>Strength</i> Mo' Betta Circuit POOL WORKOUT</p>	<p>Wednesday <i>Endurance Strength</i></p>	<p>Wednesday <i>Endurance Strength</i></p>	<p>Wednesday <i>Endurance Strength</i> <i>Plyometric boxes</i></p>
<p>Thursday <i>Technique, Speed, Strength</i> <i>Meet Preparation</i> Relay Drills Mr. Clean Circuit</p>	<p>Thursday <i>Technique, Speed, Strength</i></p>	<p>Thursday <i>Technique, Speed, Strength</i></p>	<p>Thursday 3 X 110 Continuous <i>Technique, Speed, Strength</i></p>
<p>Friday <i>Technique,</i> Relay Drills (cont.)</p>	<p>Friday <i>Technique, Meet Preparation</i></p>	<p>Friday <i>Technique, Meet Preparation</i></p>	<p>Friday <i>Technique, Meet Preparation</i></p>
<p>Saturday <i>Strength</i></p>	<p>Saturday <i>Strength</i></p>	<p>Saturday <i>Strength</i></p>	<p>Saturday <i>Strength</i></p>
<p>Week 1 of 12</p>	<p>Week 1 of 12</p>	<p>Week 1 of 12</p>	<p>Week 1 of 12</p>