

MINUTEMAIDS TRACK AND FIELD PRESEASON WORKOUTS

Workouts are courtesy of Previous Head Coach Amanda Williams

Day A

Distance: Run 2-5 miles, 4x50 meter striders, 10 min of Core, static Stretches

Sprints/Jumps/Hurdles: Run 2-3 miles, 6x50m striders; 10 min core; static stretches

Throws: Run 1-2 miles; 2x 50m striders; 10 min of core; static stretches

Day B

All athletes: 10 min jog; then complete the following exercises for 1 minute of reps, rest for 15 seconds, then proceed down the list to the next one and repeat.

- Pushups
- Regular Planks
- Left Side Plank
- Right Side Plank
- Regular Plank
- Single Leg lift right
- Single Leg lift left
- Clamshells
- Single Leg Glute Bridge Left
- Single Leg Glute Bridge Right
- Supermans
- Donkey Kicks alternating legs
- Right Side Fire Hydrants
- Left Side Fire Hydrants
- Pushups
- Squats
- Calf Raises
- ALt. Backward Lunges in place

Day C

Runners/Jumpers: 20-30 mins running hills or bleachers; 15 min of static stretches

Throwers: 15-20 mins running on hills or bleachers; 15 min of static stretches

Day D

Interval Workout: Jog for the specified time for your group, then complete the exercise below. Take short rest if needed. This workout is only one round of exercises.

Distance: 5 reps of 8 minutes, 1-2 minutes rest between if needed

Sprints/Hurdles/Jumps: 7 reps of 5 minutes, 2 minutes of rest if needed

Throws: 4 reps of 3 min, 2-3 rest if needed

ALL:

20 Jumping Jacks

20 Mountain Climbers

20 Squats

20 Crunches

20 High Knees

Example: If I was a sprinter, I would jog for 5 minutes then I would complete 20 reps of each exercise. Now I have 2 minutes to catch my breath and drink some water. This is one set; I would repeat this for a total of 7 times



TWP