

Week: April 15 - April 21

Focus: Two races, technical development, and speed/ power

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>27J Championship: -Everyone will be using this meet as a workout</p>	<p>Technical Easy Day: -2 laps -Drills -Hurdle Drills -Work Blocks with sprints coach. (if she has time) -100 -Beginner: 10X3 tiny Hurdles. use the tiny hurdles found under the bleachers on normal marks, and three step inbetween (also for those who can't three step). Should be able to do this easy if you force yourself out of the 4 or 5 step pattern. -Advanced: Different for everyone (I will send another doc). No more than 21 hurdles total. -300 -Beginner: 8X2 straight hurdles. work on a good take off point that can be achieved by quickening turn over up to the hurdle -Advanced: 8X2 corner hurdles Steering on the corners (Cameron will lead this) -Core -Stretch</p>	<p>Speed/ Power: -2 laps -drills -walk over hurdle drills (no single step) -10Xflying 40s with walk back/ full recovery -3X5 hurdles Hurdle hitch -cool down -Stretching routine</p>	<p>Technical Day: -2 laps -Drills -hurdle drills -100 -beginner: jammed hurdles (working on rhythm and take off point for three step) -Advanced: Over speed starting with hurdle 3 for 3 hurdles -300 -Take off points -3Xsets of 2 hurdles one notch lower than normal. Work on form and approaching the hurdle without fear -Core -Cool down -Stretch</p>	<p>Pre-meet: -2 laps -drills -Hurdle drills -100 -Take off points -3X1, 2X2, 3X1 -300 -Run through all hurdles in race 2 at a time -cool down -Stretch</p>	<p>Dakota Ridge: #winning</p>	<p>OFF</p>