Training for Sprints
100/200/400m
SPORT SPECIFICITY
SPORT SPECIFICITY??

400 + 800 REPEATS speed training workout

10 MINUTE WARM-UP JOG  
400 M SPRINT  
400 M RECOVERY JOG  
800 M SPRINT  
REST 2 MINUTES  
REPEAT 2-3X  
10 MINUTE COOL-DOWN

www.tinareale.com
WHY NOT JUST SPRINT MORE?

Acceleration (1 day)
3 x 10m / 3 x 20m / 3 x 30m – 60 sec recovery per 10m

Speed Training (1 day)
4-6 x 50 meters (30 acceleration + 20m fly vmax sprint) – 5-8:00 minute recovery

Resistance Runs (1 day)
Hills: 10 x 30 meters- 3-minute recovery
Stairs: 4-5 sets x (3 x 6-8 sec sprints/ walk down 1:00 rest / 3-4:00 set rest)

Endurance Training (2-3 days)
8-10 x 100 meter – Technical Runs @ 75%, walk 100 rest (60-90 sec) OR 4-5 sets:100-200-100 @ 75% (1:00 rest / 3:00 set rest)
## Table 3.1: Relationships Between Energy Systems and Strength Training Methods

<table>
<thead>
<tr>
<th>ENERGY SYSTEM</th>
<th>ANAEROBIC (OXYGEN INDEPENDENT)</th>
<th>AEROBIC (OXYGEN DEPENDENT)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Alactic</td>
<td>Lactic acid</td>
</tr>
<tr>
<td>Modality</td>
<td>Power</td>
<td>Capacity</td>
</tr>
<tr>
<td>Duration</td>
<td>1–6 seconds</td>
<td>7–8 seconds</td>
</tr>
<tr>
<td>Type of strength training needed</td>
<td>MxS, P</td>
<td>MxS, P, PE</td>
</tr>
</tbody>
</table>

Key: MEL = muscle endurance long, MEM = muscle endurance medium, MES = muscle endurance short, MxS = maximum strength, P = power, and PE = power endurance.
## ENERGY SYSTEM CONTRIBUTION

### Table 3.2  Energy System Contributions in Track-and-Field Performance

<table>
<thead>
<tr>
<th>Event</th>
<th>Duration</th>
<th>ATP-CP</th>
<th>Lactic</th>
<th>Aerobic</th>
<th>Triglyceride (fatty acid)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 m</td>
<td>10 sec.</td>
<td>53%</td>
<td>44%</td>
<td>3%</td>
<td>—</td>
</tr>
<tr>
<td>200 m</td>
<td>20 sec.</td>
<td>26%</td>
<td>45%</td>
<td>29%</td>
<td>—</td>
</tr>
<tr>
<td>400 m</td>
<td>45 sec.</td>
<td>12%</td>
<td>50%</td>
<td>38%</td>
<td>—</td>
</tr>
<tr>
<td>800 m</td>
<td>1 min. 45 sec.</td>
<td>6%</td>
<td>33%</td>
<td>61%</td>
<td>—</td>
</tr>
<tr>
<td>1,500 m</td>
<td>3 min. 40 sec.</td>
<td>—</td>
<td>20%</td>
<td>80%</td>
<td>—</td>
</tr>
<tr>
<td>5,000 m</td>
<td>13 min.</td>
<td>—</td>
<td>12.5%</td>
<td>87.5%</td>
<td>—</td>
</tr>
<tr>
<td>10,000 m</td>
<td>27 min.</td>
<td>—</td>
<td>3%</td>
<td>97%</td>
<td>—</td>
</tr>
<tr>
<td>Marathon</td>
<td>2 hr. 10 min.</td>
<td>—</td>
<td>—</td>
<td>80%</td>
<td>20%</td>
</tr>
</tbody>
</table>

# Energy System Training

## Table 3.3  Physiological Characteristics of Energy Systems Training and Its Six Intensity Zones

<table>
<thead>
<tr>
<th>Intensity Zone</th>
<th>Type of Training</th>
<th>Duration of Rep</th>
<th>Number of Reps</th>
<th>Rest Interval (Work-to-Rest Ratio)</th>
<th>Training Modality</th>
<th>% of Max Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Alactic system</td>
<td>1–8 sec.</td>
<td>6–12</td>
<td>1:50–1:100</td>
<td>✓ ✓</td>
<td>95–100</td>
</tr>
<tr>
<td>2</td>
<td>Lactic system (power—short)</td>
<td>3–10 sec.</td>
<td>10–20</td>
<td>1:5–1:20</td>
<td>✓ ✓</td>
<td>95–100</td>
</tr>
<tr>
<td></td>
<td>Lactic system (power—long)</td>
<td>10–20 sec.</td>
<td>1–3</td>
<td>1:40–1:130</td>
<td>✓ —</td>
<td>95–100</td>
</tr>
<tr>
<td></td>
<td>Lactic system (capacity)</td>
<td>20–60 sec.</td>
<td>2–10</td>
<td>1:4–1:24</td>
<td>✓ ✓</td>
<td>80–95</td>
</tr>
<tr>
<td>3</td>
<td>Max oxygen consumption</td>
<td>1–6 min.</td>
<td>8–25</td>
<td>1:1–1:4</td>
<td>6–12</td>
<td>98–100</td>
</tr>
<tr>
<td>4</td>
<td>Anaerobic threshold training</td>
<td>1–10 min.</td>
<td>3–40</td>
<td>0.3–1:1</td>
<td>4–6</td>
<td>85–95</td>
</tr>
<tr>
<td>5</td>
<td>Aerobic threshold training</td>
<td>10–120 min.</td>
<td>—</td>
<td>(continuous steady state)</td>
<td>2–3</td>
<td>75–80</td>
</tr>
<tr>
<td>6</td>
<td>Aerobic compensation</td>
<td>5–30 min.</td>
<td>—</td>
<td>(continuous steady state)</td>
<td>2–3</td>
<td>55–75</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lactic acid concentration (mmol)</td>
<td>% of Max Heart Rate</td>
<td>% of VO₂ max</td>
</tr>
</tbody>
</table>
NOT Every Sprinter is a LONG SPRINTER
DON’T FORCE A Good Sprinter to become a Long Sprinter
FAST TWITCH Athletes can become SLOW TWITCH Athletes with the WRONG Training
Train SPEED before SPEED ENDURANCE
“You can’t ENDURE what you DON’T have!”
STATE MEET RECORDS VS 2015 H.S. NATIONAL RANKING

**BOYS (FAT)**
- 100m – 10.60 – 58th - R. Gafford (2014)
- 400m – 47.33 – 44th / 47.01 – 28th – C. Davis
- 800 – 1:50.97 – 23rd / 1:50.18 – 8th A. Stockstell
- 1600 – 4:06.32 – 5th – J. Evans

**GIRLS (FAT)**
- 100m – 11.95 – Not in Top 100 – B. Carter (2015)
- 400m – 53.96 – 22nd – H. Wilms
- 800m – 2:08.15 – 20th / 2:07.35 – 16th - S. Houlihan
Specific Keys to SPEED Improvement

- Increase Max Strength/Power Efforts – Wt. Room
- Increase Power on the Track (Jumps / Bounds / MB Throws)
- Improve Accelerative Speed (Technical Model)
- Increase Max Velocity Speed
- Improve Speed Endurance (Anaerobic Alactic and Anaerobic Glycolytic)
General Plan – 1-2 Macroycles

- **Mesocycle Phases**
  - **General Prep. Phase** – 1-2 cycles (4-5 weeks ea)
    - Volume Emphasis / General Technical Training Emphasis
    - Metabolic Workouts: 70%>>>80%
  - **Specific Prep. Phase** – 1-2 cycles (4-5 weeks ea)
    - Volume/Intensity Equal / Specific Technical Training Emphasis
    - Metabolic Workouts: 80%>>>95%
  - **Precompetition Phase** – 1-2 cycles (4-5 weeks)
    - Intensity Emphasis / Increase Technical Training / Race Rhythm & Simulation Emphasis / Decrease Volume
    - Metabolic Workouts: 90%>>>100%
  - **Competition Phase** – 1-2 cycles (4-8 weeks)
    - Intensity Emphasis / Volume Decreases / Technical and RESTORATION Focus
General Prep - Daily Themes

- **Monday** – Anaerobic Alactic Power - Speed Development (Acceleration)
  - Resistance: General Strength Endurance & Power Development: Short Jumps/ Medball Throws
- **Tuesday** – Aerobic Capacity - Tempo Extensive (70-75%) 1000-1500m
  - General Strength Circuit
- **Wednesday** – Anaerobic Alactic Power - Speed Development (VMax) → Alactic Short SE or Resisted Runs (Stairs / Short Hill Sprints) Long Rest
  - Power: In-Place Jumps (Vertical Emphasis) / Medball Throws
- **Thursday** – Restoration - Rhythm Technique / Pool Workouts / Circuits (<70%)
  - Resistance: Stabilization Strength and Prehab / Core / Medball Circuit
- **Friday** – Anaerobic Capacity – Power Endurance (Hills / Sleds / Segment Runs) (80-90%) Short Rest
  - Resistance: General Strength Endurance >>> Power Development
  - General Strength Circuit – Core Stability
- **Saturday** – Restoration or Tempo Extensive 1000-2000m
  - General Strength Circuit – Endurance
- **Sunday** - REST
Specific Prep - Daily Themes

- **Monday** - *Anaerobic Power - Speed Development (Acceleration)*
  - Resistance: Max Strength >>> Power/Speed
  - Power: Short Jumps/ MB Throws
- **Tuesday** *Aerobic Capacity - Tempo Extensive (70-75%) 1000-2000m*
  - Resistance: General Strength Circuit
- **Wednesday** – *Speed Development (VMax) –> Speed Endurance Dev.*
  - Resistance: Max Power >>>Power/Speed
  - Power: Vertical Jumps / Bounding Series / MB Throws
- **Thursday** – *Restoration / Tempo Extensive (<70%) 1000-1500m*
  - Resistance: Bodybuilding / Stabilization Strength and Prehab /Core
- **Friday** –  *Speed Endurance Dev. - > Special Endurance I*
  - Resistance:Max Strength / Strength Endurance >>> Power/Speed
  - Power: MB Throws / MB Circuit / Extended Bounds
- **Saturday** – *Restoration / Power-Speed Endurance / Metabolic Conditioning Circuit / Tempo Extensive / Power Endurance Hills / AS NEEDED*
  - General Strength Circuit - Endurance
- **Sunday** - *REST*
Monday – Anaerobic Power - Speed Development (Acceleration) - - > Vmax speed / Completion Runs (Blocks to 60-80m)
  ▪ Resistance: Max Power >>> Power/Speed
  ▪ Power: Short Jumps/ MB Throws
Tuesday – Restoration / Tempo Extensive / Smooth Hills (1000-2000m)
  ▪ Resistance: Bodybuilding / Stabilization Strength and Prehab / Core
Wednesday – Speed Development (VMax) >>> Speed Endurance / Special Endurance
  ▪ Power: Bounding Series / Vertical Jumps OR Combo-Jumps
Thursday – Restoration / Tempo Extensive / Smooth Hills
  ▪ Resistance: General Strength Circuit
Friday - Special Endurance I or II (500-1000m) / Race Rhythm Development / Power-Speed Endurance / Tempo Extensive OR PREMEET
  ▪ Resistance: Power/Speed
  ▪ Power: MB Throws
Saturday – Restoration / Power-Speed Endurance SSE/ Metabolic Conditioning Circuit / Tempo Extensive / Power Endurance Hills OR COMPETE
  ▪ General Strength Circuit
Sunday - REST
Competition - Daily Themes

- **Monday** – Anaerobic Power - Speed Development (Acceleration)/ Rhythm Speed Endurance –
  - Resistance: Power/Speed
  - Power: Combo- Jumps/ MB Throws
- **Tuesday** – Restoration / Tempo Extensive 1000-2000m
  - General Strength Circuit
- **Wednesday** – Speed / Speed End. or Special Endurance II or I >>>Race Simulation
  - Power: Bounding Series / Speed Rhythm Emphasis / MB Throws
  - Resistance: Stabilization Strength and Prehab /Core
- **Thursday** – Restoration / Tempo Extensive 1000-1500m
- **Friday** – Premeet / TRAVEL
  - Resistance: Speed/Power or None
  - Power: MB Throws
- **Saturday** – Compete
- **Sunday** – REST / TRAVEL
Ends to Middle  Development

**Acceleration**
Hills, Sleds, Line Drills, Blocks: 10-40m @ 90%+

**Max Velocity**
Flying runs, Assisted runs, In and Outs, Wicket drill: 30-60m @ 95%+

**Speed Endurance**
80-150 Segment Runs / Sprint-Float-Sprint / Repetition runs: 60-150m @ 90%+

**RACE SIMULATION**
2 Sets: 200+200 // 300+200 // 4 x 100 // 150+4x50+150 @ 95%+

**Special Endurance I and II**
SEI: 3-5 x 150-300 // SEII: 3-5 x 300-600m // 6-5-4 // 5-4-3 // 4-3-2 @ 90%+

**Tempo Intensive**
4 sets x (2 x 200m) / 3-6 Reps x 300-600m // Ladders (6-5-4-3-2-1) @ 80-89%

**Tempo Extensive**
Circuit training / 4-6 sets x 2-3 reps x 200-400m / @ 60-79%
GPP – Monday Workout

- **Acceleration Development**
  - Short Jumps – 3-5 x SLJ / STJ / DL 3 Hop
  - 4-6 reps x Accel Line Drill – 14-16 strides
  - 3-5 sets x 3-4 reps x 20-30m (1-2’ rep/ 3-4’ set) OR
  - 4-8 sets x 2-3 x Short hills (40-90m) 1’ rep / 3’ set
  Rest OR
  - Contrast 20-30m Accel with 20-30m Sled Pull (10% of BW)
  - Gen. Strength - Low Walks FWD & BKWD/ Resisted Low Walks / Stair Walks / Lateral Low Walks/
SPP- Monday

- **Acceleration Development**
  - 4-6 reps x Line Drill – 18-21 Strides
  - 3-5 sets x 3-4 reps x 30-60m
  - Contrast Sled Pulls x 20-30m
  - Contrast Bullet-Belt

- **Teaching Starts**
  - 2 pt. / 3 pt. / ½ Blocks / Falling Starts / 4pt. / Blocks
Block Starts, Short Jumps (SLJ/STJ/3-DBL Leg)
Acceleration Bounds
Finish workout with 1-3 x Vmax Ins/Outs; or Segment Runs 90m-120m
Possibly move to Tuesday after a Meet / Travel
Multi-Jumps
- SLJ x 3-6 reps
- STJ x 3-6 reps
- 5 hop x 2-4 reps
- 10 hop x 2-4 reps
Restoration Days: GPP/SPP/Pre-Comp/Comp

- Tempo Extensive
- Pool Workout
- Medball Circuit
- REST
Tempo Extensive:

Short Sprints
- 5 sets – 100+100+100 @ 14-16” with 1:00 rest / 3’ Set Rest (1500m)
- 4-6 sets - 150+150 @ 23-21” with 30”-1’ RI / 3’ Set Rest (1200-1800m)
- 4-6 sets - 100+200+100 @ 15-17” with 30”-1’ RI / 3’ Set Rest (1600-2400m) Or 200-100-200

Long Sprints
- 4-6 sets - 200+200 @ 30-28 with 30”-1’ RI / 3’ Set Rest (1600-2400m)
- 4-6 sets of 250+250 @ 38-35 with 30”-1’ RI / 3’ Set Rest (2000-3000m)
- 4-6 sets of 300+300 @ 45-43 with 30”-1’ RI / 3’ Set Rest (2400-3600m)
- 3-6 x 600m @ 1:50-1:41 with 4-6:00 Set Rest (Ins-Outs: 32-50-32 // 30-48-30 // 28-45-28 // 26-45-26) (1800-3600m)
GPP - Wednesday

- **Speed Development – Vmax**
  - **Stair Runs**
    - 4-6 sets x 2-3 reps (Double Steps)
    - 2-4 sets x 2-3 reps (Single Steps)
      - Walk down rest // 2-3:00 Set Rest
  - **Vertical In-Place Jumps**
  - **Long Jump Series** (RRR... / RLRL.../ RRLL...)
  - **Low Hurdle Hops** (Fwd / Lateral / Medial)
SPP – Wednesday

- V-Max Development
  - Wicket Runs
  - Fly-In Sprints (20-30 Accel + 20-30 Flys)
  - Sprint-Float-Sprint 80-120m
  - Segment Runs 90-150m (Med/Fast/Faster)
- Hurdle Hops – Fast Contact Time
- Long Jump Series
- Bounding Series – Fast Contact Time
- Jog to Rhythm Bound
- MB Throws
Pre-Comp – Wednesday or Thursday (High Neuro-Stimulus Emphasis)

- Vmax and/or Speed Endurance Focus
- Fly-in Sprints – 20-30 Accel + 20-30 Flys
- Sprint/Float/Sprint 80-120m
- Segment Runs (Med-Fast-FASTER) 90-150m
- 80 - 150m
- Contrast Runs (Sleds/Bullet Belt/Weight Vest/Short Hills/Bounds)
- Hurdle Hops
- Medball Throws
- Bounding Series
- Sprint to Rhythm Speed Bounds
GPP - Friday

- Hill Runs / Stairs / Sleds
- Short Sprints
  - Short Hill Sprints
    - 5 sets x 5-8 x 9 sec hill sprints / walk down rest (1:00) / 3-4:00 Set Rest
  - 5-10 x 20 sec hills / walk down rest (3-4:00)
  - Short Rest Resisted Sled Runs (20-30m) 1-3:00 Rest
- Long Sprints
  - Same as Short Sprints
  - 4-6 x 300m Hills (1200-1800m) / walk down rest
SPP – Friday

- Tempo Intensive
  - 300-200-300-200 @ 15-13” Tempo (45-42”/28-26”) with 4-6:00 REST (1000m)
  - 3-5 x 200 and 2 x 150 @ 14-12” Tempo (28-26”) with 4-5:00 Rest (1300-1500m)
  - 3 x 300m @ 15-14” Tempo (45-42”) with 4-6:00 Rest (1200-2100m)
  - Ladders – 300-200-100-100 @ 14-13” Tempo (42-39”) with 4-6:00 Rest (700m)
- Short Sprints
SPP - Friday

- **Long Sprints**
  - Breakdown: 600-500-400 OR 500-400-300 + 3 x 200 or 3 x 150 with 1-2:00 REST @ 16-13” Tempo (1:36 -1:30/75-70”/60-55”/42-39”/28-26”/ 19-20”) 4-8:00 Rest (900-2000m)
  - 2-4 x 600m Ins/Outs @ 1:50-1:41 with 4-6:00 Set Rest (32-48-32 // 30-45-30 // 28-45-28 // 26-45-26) (1800-2400m)
  - 2 Sets x (600 Ins/Outs + 3 x 200 decreasing time – 30-28-26”) 4-6:00 Rest // 10-12:00 Set Rest (2400m)
  - 1-2 sets: 600-300+300-600 @ 17-14” Tempo (1:42 – 42” – 1:30) with 4:00/1:00 Rest (1800-3600m)
  - 2 x 400-500m @ 15-14” Tempo (75-70” / 60-56”) 5-8:00 Rest
V-Max
Multi-Jumps

- **GPP**
  - Stadium Stair Jumps: Double-Leg Hops / Single Leg Hops / Alternating Skips / Bosch Skips
  - Teaching: Power Skips (Height/Distance) / DL and SL Hop FWD & BKWD / Straight Leg Bounds / Alternate Leg Bounds / LLRR / SL hoping Linear & Lateral (micro-hurdles) / Hurdle hops

- **SPP**
  - Straight Leg bounds / Alternate Leg Bounds (50-100m) / DL Hurdle hops / Single Leg Hops (20-40m) / LLRR Bounds (40-60m) / Hurdle Hops (6-12H – Hop-Hop-Stop)

- **Pre-Comp**
  - Alternate Leg and Single Leg Speed Bounds (Time) / Resisted Bounds (Wt. Vest/Bar) / Resisted Hurdle Hops
SPP - Friday

- Tempo Intensive – Short
- Long Sprints/Short Sprints
  - 5-6 x 200 / 2 x 150 @ 13-12” Pace / 4-5:00 Rest
  - 4 x 300 / 2 x 150 @ 14-13” Pace / 4-5:00 Rest
  - 400-300-200-200 / 2 x 150 @ 14-13” Pace / 4-6:00 Rest
  - 4-5 Sets x 150+150 @ 4-13” Pace / 1-2:00 Rest / 3-4:00 Set Rest
  - Segments: 3-4 x 150-300m Or Sprint/Float/Sprint Style
Multi-Jumps

- Black
  - Ankle Bunny Hops (Straight Leg)
  - Knee Tuck Jumps
  - 180-360 Degrees
  - Speed Skater
  - Line Hops Linear and Lateral
  - Dynamic Step-ups
  - SL Butt Kick
Gold

- SL Ankle Bunny Hops (Straight Leg)
- Split Squat Jump
- DL Butt Kick Jumps
- Lateral Push Jumps to A Stance
- Rocket Jumps
- Pike Jumps
Multi-Jumps

- Big Ten
  - Donkey Kicks
  - SL Donkey Kicks
  - Lunge Jumps
  - Mogul Jumps
  - Mountain Climbers
  - Groinners
  - Thrust Jump Alternate
  - Thrust Jump SL
Multi - Jumps

- Iowa (Into Pit)
  - Box Drops - 90 Degree Hold (24”-54”)
  - SLJ
  - STJ
  - 3-5 DL Hops
  - LLRR
Multi-Jumps

- Jog Hops
  - Jog RRR
  - Jog LLL
  - Jog RLRL
  - Jog LRLR
Multi - Jumps

- Continuous Bounding Series (30-60m)
  - A - LLL...
  - B - RRR...
  - C - RRL...
  - D - LLR...
  - E - RRLL...
  - F - RLRL...
Hurdle Hop Jumps (30-36“)
- A - Hurdle Hops – Static
- B - Hurdle Hops – Dynamic
- C – Hurdle Maze
- D – Depth Jump/Hurdles
- E – Depth Jump/Hurdles Increasing Box Height
Multi-Jumps

- Hawkeye
  - PWR Skip – Height
  - PWR Skip – Distance
  - X-Over Straight Leg Bound
  - DL FWD/BKWD
  - SL FWD/BKWD
  - LLRR – Continuous
**Multi-Jumps**

- **SUPERIOR**
  - DL Straight Leg Ankle Hops FWD/BKWD Micro-Hurdle
  - SL Straight Leg Ankle Hops FWD/BKWD Micro-Hurdle
  - Lateral Ankle Hops (In/Out) Micro-Hurdle
  - Hurdle Hops – Hop-Hop-Stop x 6H
  - Hurdle Hops – Maze – Continuous x 8H
Multi-Jumps

- Elite (Depth Jumps – 12”-36” ) Series
  - A - Box + 1H
  - B - Box – Hurdle – Box – Hurdle
  - C - 1 Box + SLJ
  - D - 2 Box + SLJ
  - E - Continuous Box-Hurdle...
  - F - Continuous Increasing Height Boxes (5-8 Boxes)
  - G - Continuous Increasing Height Boxes/Hurdles... (4-6 ea)
Multi - Jumps

- IASPEED
  - Speed Alternate Leg Bounds (20-30m + 20-30m Bounds)
  - Speed SL Bounds (20-30m + 20-30m RRR... or LLL...)

Multi-Throw

- Black
  - Std OHF
  - Hip Catch-Toss
  - MB Good Morning
  - MB V-Sit
  - Soccer Push
  - Straight Leg Hurdle Reach
  - Partner Exchange (Hip)
  - Kneeling OHF Catch and Toss
  - Prone Catch-Toss
  - Seated Roll Catch-toss
  - Pike & Shoot
Multi-Throw

- Gold
  - Std. Shoulder Catch-Toss
  - Reach and Hike
  - Back Toss
General Strength Circuits

- Pedestal - Core Strength (10-15 Sec Each / 10 Reps)
  - Prone, Elbows, SL Raise
  - Lateral, Elbows, SL Raise
  - Supine, Elbows, SL Raise
  - Prone, Hands, SL Raise
  - Lateral, Hands, SL Raise
  - Supine, Hands, SL Raise
  - Prone, Hands, Flexed Knee, Hip Lift Alternating
  - Supine, Elbows, Flexed Knee, Hip Lift Alternating
  - Crunch, Legs Up, Low Reach
  - Crunch, Legs Up, Low Reach with Twist
General Strength Circuits

- Pillar - Core Strength (2-3 Sets // 10-15 Reps Each)
  - V-Sits
  - Back Hypers
  - Quadraped Leg Toss
  - Double Leg Bucks with Isometric Hold (5 sec)
  - Wrestler’s Bridge
  - Prone Hip Extension, Flexed Knee
  - Toe Touchers, Legs Up
  - L-Overs
  - Back Hypers with Twist
  - Side Ups, Legs Up
  - Double Leg Eagles
  - Single Leg L-Overs
  - Low Level Bicycle
  - Single Leg Bucks with Isometric Hold (5 Sec)
General Strength Circuits

- Black
  - Prisoner Squats
  - V-Ups
  - Perfect Push-Ups
  - Back Hypers w/Twist
  - Rocket Jumps
  - Leg Toss
  - Rocky’s (Clap Push-Ups)
  - Wrestler’s Bridge
  - Crunch
  - Decline Push-Ups
  - Prone SL Hip Extension
General Strength Circuits

- Gold
  - SL Squats
  - Straight Leg Crunch
  - Pillar Push-Ups
  - Back Hypers
  - Side-Ups
  - Lunge Good Mornings
  - Rocky’s (Clap Push-Ups)
  - Lunge Transverse
  - Prone Flex Knee Hip Extension
General Strength Circuits

- Iowa (with/without resistance – Sleds/Wt. Vest)
  - Low Walks FWD / BKWD
  - Lateral Low Walks L & R
  - X-Over Low Walks L & R
  - Duck Walks FWD / BKWD
  - Lunge Extension Walks
  - Crab Walks