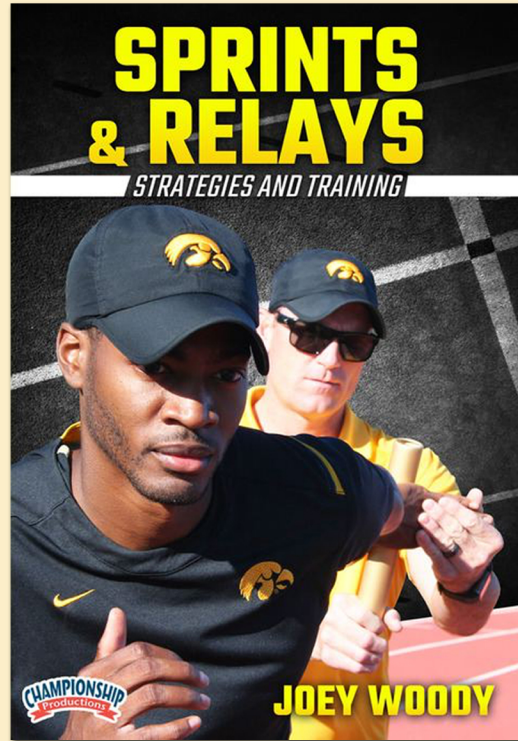


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Joey Woody

University of Iowa Track and Field

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

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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)



METABOLIC DEMANDS – EVENT SPECIFIC

Table 3.1 Relationships Between Energy Systems and Strength Training Methods

ENERGY SYSTEM	ANAEROBIC (OXYGEN INDEPENDENT)				AEROBIC (OXYGEN DEPENDENT)		
	Alactic		Lactic acid		Power		Capacity
Modality	Power	Capacity	Power	Capacity	Power		Capacity
Duration	1-6 seconds	7-8 seconds	8-20 seconds	20-60 seconds	1-2 minutes	2-8 minutes	8->120 minutes
Type of strength training needed	MxS, P		MxS, P, PE	MxS, P, PE, MES	MxS, P, PE, MEM	MxS, PE, MEM	MxS (<80% of 1RM), PE, MEL

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

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

Sources: K.A. van Someren, 2006, The physiology of anaerobic endurance training. In *The physiology of training*, edited by G. Whyte (Oxford, UK: Elsevier), 88; E. Newsholme, A. Leech, and G. Ducrest, 1994, *Keep on running: The science of training and performance* (West Sussex, UK: Wiley).

ENERGY SYSTEM TRAINING

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

Intensity zone	Type of training	Duration of rep	Number of reps	Rest interval (work-to-rest ratio)	TRAINING MODALITY		% of max intensity
					Sets	Series of sets	
1	Alactic system	1–8 sec.	6–12	1:50–1:100	✓	✓	95–100
2	Lactic system (power—short)	3–10 sec.	10–20	1:5–1:20	✓	✓	95–100
	Lactic system (power—long)	10–20 sec.	1–3	1:40–1:130	✓	—	95–100
	Lactic system (capacity)	20–60 sec.	2–10	1:4–1:24	✓	✓	80–95
Intensity zone	Type of training	Duration of rep	Number of reps	Rest interval (work-to-rest ratio)	Lactic acid concentration (mmol)	% of max heart rate	% of $\dot{V}O_2$ max
3	Max oxygen consumption	1–6 min.	8–25	1:1–1:4	6–12	98–100	95–100
4	Anaerobic threshold training	1–10 min.	3–40	1:0.3–1:1	4–6	85–95	80–90
5	Aerobic threshold training	10–120 min.	— (continuous steady state)		2–3	75–80	60–70
6	Aerobic compensation	5–30 min.	— (continuous steady state)		2–3	55–75	45–60

SPRINTERS VS LONG SPRINTERS

- 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**)
- 200m – 21.16 – **25th** - J. Harrington / 21.33 – **50th** N. Moser
- 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**)
- 200m – 24.45 – **Not in Top 100** – J.Roberts-Lewis (**2014**)
- 400m – 53.96 – **22nd** – H. Wilms
- 800m – 2:08.15 – **20th** / 2:07.35 – **16th** - S. Houlihan
- 1500 – 4:27.76 – **15th** / 4:26.39 – **12th** - 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 Macrocycles

- 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*

Pre-Competition- Daily Themes

- **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

Competition – Monday

- Block Starts, Short Jumps (SLJ/STJ/3-DBL Leg
- Acceleration Bounds
- Finish workout with 1-3 x V_{max} Ins/Outs; or Segment Runs 90m-120m
- Possibly move to Tuesday after a Meet / Travel

Acceleration Multi-Jumps

- 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

GPP > SPP > Pre Comp > Comp: Tuesday / Thursday / Saturday

- 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
- Short Sprints
 - 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)

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
 - In-Place Jumps: DL & SL Ankle Hops / Knee Tucks / Butt Kick Jumps / Speed Skater / Dynamic Step-Ups / Step-Up Pops / SL Butt Kicks / Lateral DL & SL Line Hops / Lateral Sq. Jumps / Split Squat Jumps / Lunge Jumps / SL Jump Squats / Rocket Jumps
 - 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

Multi-Jumps

- 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
 - Groiners
 - 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...

Multi-Jumps

- 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

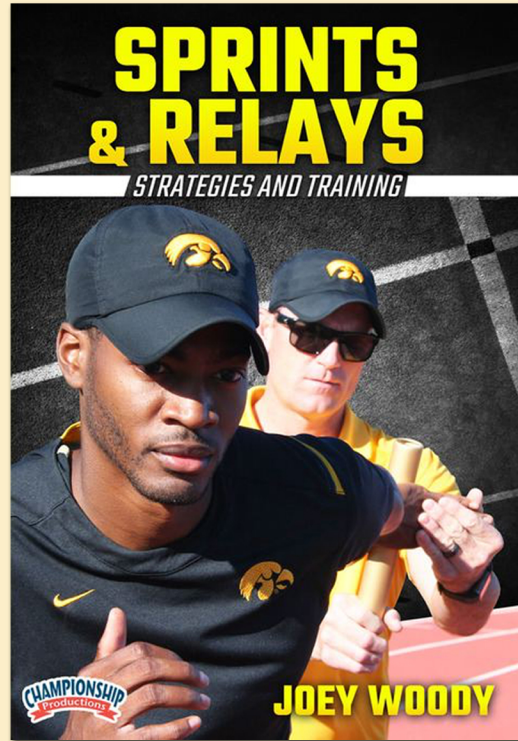
General Strength Circuits

- 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

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