

Specialist Certification Course Microcycle P



Name: Jumps Conditioning

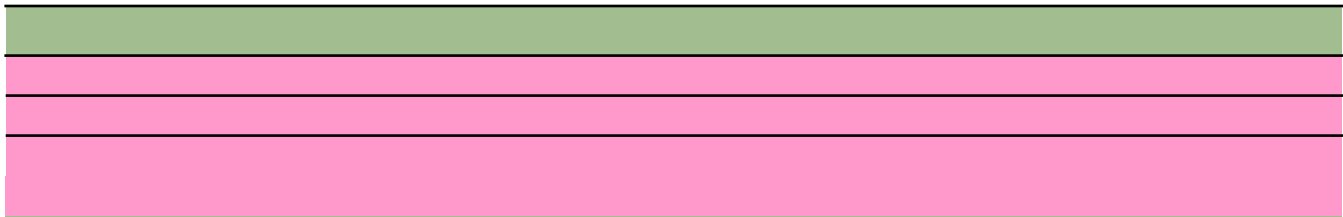
Week 17, micro 17

VOLUME 9 INTENSITY 8

volume week

Microcycle Location:	Microcycle Number: 17	Microcycle Date:
Session Number	Session 1	
Day	Monday- MAX V, VERTICAL STRIKES	TUESDAY-G
Unit 1		
Unit 1 Description	MORNING YOGA FOR RUNNERS: YOGA BY ADRIENNE	YOGA FOR STRENG
Unit 2		
Unit 2 Description	MOBILITY JOG: 1 ACTIVATION: 1	AFTERNOON: EA INCL LEG SWINGS,
Unit 3	BUILD UPS: SIMULATE 4X150 LIKE ON TRACK	
Unit 3 Description	DRILLS: MV SINGLE STICKS, TRIPLE, A SKPS	HEEL TOE WALK X 3 X 4X150 METER BUILD
Unit 4	HIGH KNEE BUTT KICKERS	
Unit 4 Description		FIND A SLIGHT HILL:
	STAIRS: HOPPING SINGLE STEP 1. LEFT ONLY 2. RT	
Unit 5 Description	3. BOTH 4. LEFT, LEFT, RIGHT, RIGHT X 5 EACH	
Unit 6	<u>HURDLERS</u> WALL DRILL (DONT PUT FOOT THRU WA	
Unit 6 Description	SIMULATE W CHAIR (TRAIL LEGS REAL SPEED) OUTSIDE IS BETTER	
Unit 7		
Unit 7 Description		
Unit 8	SPRINT 30M, FLOAT 100, SPRINT 30M	
Unit 8 Description	2 SETS OF 5 ABOVE 100% 100%M 100%	
Unit 9		
Unit 9 Description		
Unit 10		
Unit 10 Description		

Unit 11		
Unit 11 Description		
Unit 12		
Unit 12 Description		



3/16

Session 3		
GENERAL STRENGTH	WED gen strength/film	
TH: YOGA BY ADRIENNE	YOGA RESTORATION: YOGA BY ADRIENNE	WAKE UP YOGA
	TAKE A WALK	
SYNON SKIP WARMUP	RIDE A BIKE	
WALKING TRAIL LEGS		
15METERS		MOBILITY JUMP
JPS		ACTIVATION: SIMULATED
90% 5X30M		HORIZONTAL SKIP DIS
		BACKWARD SKIP DIS
		FIELD EXERCISE
		2X10METER BLAST
		2X20M BLAST
		2X30M BLAST
		4 X 100M AT SPEED
		9.

Session 4		Session 5
THURSDAY-accel	Friday-speed endurance	
	premeet	THU
YOGA: YOGA BY ADRIENNE	EVEN THO WE DON'T HAVE	
	MEET	
	MV WARMUP, LIGHT	Skip
	HURDLE HOPS	spr
LOG #1		
: RDL SERIES		1x1
TE 4X150M		1x2
L BOUND SERIES—SINGLE BUTT KICK, HKBK		
		JUM
TANCE, HORIZONTAL BOUNDS, ST LEG 3PH.		5X4
SPRINTS 3 X 12 STRIKES		
		3X3
VENTERS 5' BARRIER PRETEND STARTS X 10		SKI
BLASTS		6 X
TS---ALL OF THESE UPHILL IF POSSILBE		
LASTS		
90% APPROX 13 SECONDS IF RUNNING SIDEWALK		
	9.	

Session 6	Session 7	Session 8
SATURDAY		
		1.
THOROUGH MEET WU		
5X40m build ups	2.	2.
opping for distance		
inters-hurdlers	3.	3.
1x100 full		
50		
00	4.	4.
MPERS		
0M BUILD UPS	5.	5.
SKIPPING FOR DISTANCE		
30M		
P HEIGHT 3X15M	6.	6.
YOUR APPROACH IF POSS.		
40METERS		
	7.	7.
	8.	8.
	9.	9.
	10.	10.

	11.	11.
	12.	12.

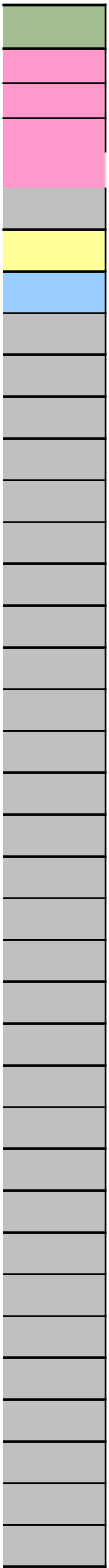


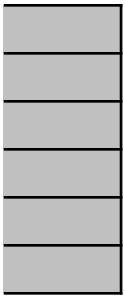
Session 9	Session 10	Session 11
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.

11.	11.	11.
12.	12.	12.

	Session 12	Session 13	Session 14
	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
	5.	5.	5.
	6.	6.	6.
	7.	7.	7.
	8.	8.	8.
	9.	9.	9.
	10.	10.	10.

	11.	11.	11.
	12.	12.	12.





monday	TUESDAY
	Faster feet hurdlers
	5 yard low hurdles x 5, use timer
wabash series on own, partner critique	compare to needed 1.0
LEG SWINGS	
Wall Drills	
walking lead 0 steps x 5	
walking leads 3 step x 5	
walking trails 0 step x 5	
walking trails 3 step x 5	
3x4H 300 hurdle starts OUTSIDE	

WEDNESDAY	THURSDAY	FRI
	with sprinters	300H
walking mobility	blocks, accels	
		WALL DRILLS
ROPES STRETCHES		