10/18/2022

78′ SPRINT TIMES – UPDATED

Stretching on Softball Field to start

Read info on attendance

TUESDAY, OCTOBER 18, 2022

- ***OPPORTUNITY TO GET BETTER TODAY – DAILY PROCESS***
- ***REMINDER – WE ARE LOOKING FOR MAX EFFORT WORK***

- ***HILL WORK***
- ***ATTENDANCE***
- ***SOMEONE SHOULD GRAB ATTENDANCE FROM COACH SWARTZ DURING THE SCHOOL DAY & THEN BRING ATTENDANCE TO HIM AT SCHOOL THE NEXT DAY***
- ***DIVIDE INTO 6 GROUPS***
- ***WARM-UP (SOFTBALL FIELD)***
    - 1. Extensive pogo (blood flow) x 30 seconds
    - 2. Inchworm (hamstrings) x 5
    - 3. Gates (hips) x 5 each
    - 4. Side lunge (adductors) x 5 each
    - 6. BW squat x 5
    - 7. Intensive pogo x 15 seconds
    - 8. Frankenstein/Scoops
    - 9. Hamstring Pulls
    - 10. Sprints – 60’
        - ½ Speed
        - ¾ Speed

        - Full Speed
        - Full Speed

- ***HILL WORK***
    - Sprint – UP THE HILL
        - ***4-5 Reps***
        - ***Minimum of 60 seconds rest***
    - Plyo Jump – UP THE HILL
        - ***3 Reps***
        - ***Minimum of 60 seconds rest***

- ***3:00 START – WEIGHT ROOM – GRADE 9 & BLUE DAY CLASS***