

# 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'
    - $\frac{1}{2}$  Speed
    - $\frac{3}{4}$  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***