## SPEED WORKOUT

#### **PURPOSE**

Improve overall explosiveness, starting speed and acceleration out of the blocks

#### EQUIPMENT

6-10 cones in a line, with each cone about 10 meters apart



#### WARMUP: B SKIP DRILL

- 1. Start at one of the cones with your feet shoulder width apart.
- On the coach's command, begin to skip down the track.
- Once you have gone 10 meters, break into a light jog for another 10 meters, and then alternate skipping and jogging the whole way down the line of cones.

#### BIG BOX DRILL



- Start with both feet close together, and on the coach's command, jump forward, to the left, and back.
- As you jump backwards, keep the head and shoulders in the same position and allow your feet to drift backwards.
- Land at a 45 degree angle in an accelerated posture.
- Push and accelerate forward for about 10 meters before breaking back into a light jog for the next 10 meters.
- Repeat all the way down the track.



#### SLIP JUMP DRILL

- Start at the first cone, feet split with the left foot forward. Bend at the knees and hips to get into a slight squat position.
- On the coach's command, push off the ground & while in the air, bring the left foot to the back and right foot to the front.
- Before coming back down to the ground, switch your feet again, bringing the left foot forward and the right foot back.
- Repeat this movement 3 times, before breaking out into a jog for about 20 meters.
- Reset, this time with the right foot forward and the left foot back, and perform 3 more slip jumps before continuing down the track.
- Repeat all the way down.

#### COOLDOWN

Static Hamstring Stretch: Extend one leg, lean forward to touch toes. Hold 15-30 seconds, switch legs. Foam Rolling the Calves: Place foam roller under calves, roll from knee to ankle for 1-2 minutes each. Child's Pose Stretch: Kneel, sit back on heels, stretch arms forward on the ground. Hold for 30 seconds.



# **Modern Drills For Track Field Vol 3**

### **Sebastian Brünink**

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