

# *PORT JERVIS TRACK AND FIELD*

## WARM UP, PLYOMETRIC, MEDICINE BALL, AND AB ROUTINES

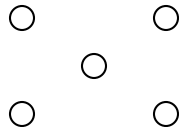
**Warm up Routine-** done over 15m (10m distance for Modified); 1-2 reps per exercise, based on weather conditions.

1. Form walk- on balls of feet, elbow at 45degree angle, arm moving from hip to chin.
2. Arm pump to Form Run- start initially with arm movement, on coaches cue they jog in place, on second cue, they jog. Should have a high knee drive, slight forward lean, landing on balls of feet.
3. Arm pump to A-skip- starts same as above, instead of going into form run, they will skip. Focus on form, it should be rhythmic, they should not rush through it.
4. Arm pump to B-skip- starts same as above, but as they skip they extend their legs, and touch their toes. Opposite arm to opposite leg. Again, should be rhythmic, and should not rush.
5. 3 Squats into B-skip- runner does 3 squats (90degree), holds the last for 5 seconds, then goes into B-skip.
6. 3 Squats into High Knee- starts same as above, then goes into high knee jog. Focus on posture, knee drive (heel should hit upper hamstring), runner should step over the knee with toes flexed as he/she does so.
7. 3 Split squats into A-skip- runner does 3 split squats, hold each side for 5 seconds, then goes into an A-skip.
8. 3 Split squats into B-skip- same as above, but finish with B-skip.
9. Side to side into Lateral run- 1 rep. For each direction. side to side (Dbl leg hop), R-L-R, hold for 5 seconds, then do a lateral run.
10. 3 Mountain Climbers into Block Start- runner does three mountain climbers, holds each side for 5seconds, then explodes off of line.
11. Dbl Leg Thrust, clap, into Block Start- start in push up position, runner will thrust legs to the R-L-Center (runners hips should turn in the direction of the thrust, but shoulders stay square, knees can be drawn in slightly during thrust), do clap push up, explode off line.
12. Partner Push Up Start- starts like wheelbarrow race. Runner will extend his/her arms, R-L-R, do a clap push up (as runner claps, the partner drops their feet), then the runner explodes off line.
13. Partner Plyometric Push Up Start- starts same as above. Runner does clap push up, then hops R-C-L-C, partner drops feet, runner explodes.

**John Wright, Port Jervis Track**

**Plyometrics**- they are done at ground level during the early stages of the season. As the season progresses, the runners will perform more difficult jumps. They will be done over a distance of 15m (10m for modified). The intensity level can be increased by, jumping up hill, adding boxes, stadium steps, and increasing the distance.

1. Single Leg Hops- for height, distance, speed
2. Double Leg Hops- for height, distance, speed
3. Side to Side-
4. Alternating Bounds - height, distance, speed
5. Dot Drill- a) Single Leg b) Dbl Leg c) Hop Scotch



6. Lateral Dbl Leg Hops- height, distance, speed
7. Depth Jumps W/ Rocket Jump-

**Medicine ball Routine**- will be used to strengthen the athlete's core (Abs, hip flexors, etc.). Do one complete circuit of 10-12 reps.

1. Back to Back- a) Trunk Twist, as they pass the ball back and forth. b) Over /under, take ball from overhead and pass it between their legs to their partner.
2. Seated Back to Back- same as above, but sitting on the floor with legs extend outward.
3. North/South- the athletes will be on their backs in an inverted position. They will pass the ball back and forth as they do they will touch the ball to the floor. After ten reps they switch sides.
4. Chest Pass- they will use a two handed push to pass the ball back and forth. The athletes should be approx. ten feet apart. The goal is to throw the ball back to your partner as quickly as you receive it. The focus should be on controlling the ball's speed and direction.
5. Bounce Pass- a) two handed b) single handed c) against a mini trampoline.
6. Russian Twist- a) Seated- done from seated position on the floor, the athlete will twist from side to side, tapping the ball on the ground beside them.  
b) Physio-ball- shoulder blades should rest on the ball. The athlete, with arms extended, will twist upper torso from side to side, while trying to keep their lower body still.
7. Underhanded Backward Throws- athlete will squat, drawing ball between their legs, and jump. As they jump, they throw their hands over their head. The focus is on getting height and distance with the throw.

8. Backward B/W Legs- athlete will squat jump, as they return to the floor they will throw the ball backward between their legs. They should aim for a point 2-3 feet behind them.
9. Figure Eights- standing with their legs shoulder width, the athlete will pass the ball around and between their legs in the shape of an 8.

**Abdominal Routine**- will be done during the cool down period of the practice. The athletes will do 1 circuit, 15 reps for each exercise.

1. Regular Crunch- done on their back with knees bent. The athlete places his/her hands across their chest. They point their chin toward the sky, and bring their shoulders off the ground. Inhale, and return to the ground.
2. Knee up Crunch- starts same as the above, but knees and feet come off of the ground. Knee should be at a 90degree angle.
3. Side Crunch- done while lying on side. If on left side, left leg should be extend, right leg bent and placed in front of the left leg. Right hand should be placed behind back (reach for center of shoulder blades). Left hand should rest on abdominals. They do a side crunch, bringing their shoulders off of the ground, inhale as they return to the ground.
4. Buddha Crunch- similar to regular crunch, but knees will be apart, placing more emphasis on the lower abdominals.
5. Legs Extended Crunch- similar to regular crunch, but feet will be pointed straight above body. Try to keep knees straight.
6. Superman/Banana- start lying on their stomach with their hands and feet off of the ground. On coaches cue they turn over, again keeping their hands and feet off of the ground.
7. Back Extensions-