

STRENGTH TRAINING MICROCYCLES

Summer Cycle I
"JUMPERS"

(Mon.) Olympics $\rightarrow$ 6-8X3 @ 70-80%
Bench $\rightarrow$ 8, 6, 5, 4, 3 @ 70-80%
Squat $\rightarrow$ 2X8, 2X6, 1X5 @ 70-75% Deep!

(Wed.) Olympics $\rightarrow$ 6X4 @ 70-75%
Bench $\rightarrow$ 2X8, 2X6, 1X5 @ 70%
Squat $\rightarrow$ 2X8 full, 2X6 half, 2X5 quarter
 $\downarrow$ 70% $\downarrow$ 80% $\downarrow$ 90%

(Fri.) Olympics $\rightarrow$ 6-8X3 @ 70-75% only!
Bench $\rightarrow$ 2X5, 2X6, 2X8 @ 75-65%
Squat $\rightarrow$ Static - Dynamic - 3X8 @ 70%
use 3" counts

(Body Bldg. & Ancill.) on T, Th, Sat.

WK #1	"A"	2X10	} use 30" rest <u>only!</u>
WK #2	"B"	2X10	
WK #3	"C"	3X10	

WEEKLY MICROCYCLE

EVENT: Jumpers/Decath. WEEK OF: 1 Sept. '95
4 Oct.

⊗ Suggested Voluntary!!

G.P.I; M-2; Wk. 1-3.

⊗ Sunday

Dec. - AM
 Fartlek
 T, Th, Sun.
 15' on - 2 off

⊗ Active Rest →
 a) walk 30'
 b) games
 c) swim } A MUST!

Monday ① W.U. - TBA ② Acc. Dev. → 150-200m total ③ Jump Circuit → 30" on - 60" off
 or Rudiment
 ④ Wt. Trn. ⑤ C.D. w/ 800 Jog - Side Shuffle!

Tuesday ① W.U. - TBA ② Jump Tech. → TBA ③ G.S. Circuit → 20" on - 60" off then
 G.S. Spec. Str.
 ④ Hard. Molt. → TBA ⑤ Wt. Trn. ⑥ C.D. w/ 4x50m Spec. Walk in Sand or Turf

Wednesday ① W.U. - TBA ② Spec. Spl. Mechanics ③ MTX 3 (TBA) ④ Wt. Trn.
 ⑤ C.D. w/ 800 Jog - Skip!

Thursday ① W.U. - TBA ② Jump Tech. → TBA ③ G.S. Circuit w/ Sprint → 20" on - 90" off then
 G.S. Spec. Str.
 ④ Hard. Molt. → TBA ⑤ Wt. Trn. ⑥ C.D. w/ 4x50m Spec. Walks on grass! (a)
 or 4x50m Skip target " " ! (b)

Friday ① W.U. - TBA ② Tower Trn. → Acc. Dev. / Start Str. ③ Jump Circuit - 30" on - 60" off
 ④ Wt. Trn. ⑤ C.D. w/ 800m Jog "E-Z"

Saturday ① W.U. - TBA ② Spec. End. → a) 6x200m
 b) 8x150m
 c) 10x100m } use 2' sec.
 ③ MB - TBA
 ④ Wt. Trn. ⑤ C.D. w/ 800m Jog - 1K.m.

STRENGTH TRAINING MICROCYCLES

Jumpers

15 Sept. '95
✓ Oct.

G.P. 1; M-2; Wk 1-4

(Mon.) Olympic Movements - 6x3

Bench - 2x6, 2x5, 2x4

Squat - 3x8, 2x6

Rus. Tw. - 2x15 (Seated)

Toe Risers - 3x10

(Wed.) Olympic Movements - 6x4

Bench - 8, 6, 6, 5

Lunge Jumps - 3x10 @ 20% Bd. wt.

Step ups - 3x8 @ 30% Bd. wt.

(Fri.) Olympic Movements - 6x3

Bench - 6, 5, 5, 6

Squat - 2x6, 1x5, 2x4

Rus. Tw. - 2x15 (Standing)

Toe Risers - 3x10

(Tues., Thurs. & Sat.) B.B. & Ancillary → 2x10
(cycle A, B, C.)

CYCLE - I

Suggested Training Microcycle (Jumps)

- (Monday) W.U. Series; Multiple Jump Circuit (Rudiment); Wt. Trn.; C.D.
(T)
- (Tuesday) W.U. Series; Spec. Endurance "B.U."; General Strength Circuit; C.D.
(U) $\swarrow$ 6-8x75m $\searrow$ Hurd. Mch.
- (Wednesday) W.U. Series; Multiple Jump Circuit (In-Place); Wt. Trn.; C.D.
(Y)
- (Thursday) W.U. Series; Spec. Endurance (Tempo); General Strength Circuit; C.D.
(W) $\swarrow$ str. (6 runs over 200-300m) $\searrow$ Hurd. Mch.
- (Friday) W.U. Series; Multiple Jump Circuit (Rudiment); Wt. Trn.; C.D.
(T)
- (Saturday) Aerobic Fitness or Extensive Tempo Runs a) 10x100 } use 2-3' sec. $\searrow$ Wt. Trn.; C.D.
b) 8x150
c) 6x200
- (Sunday) General Recreation

- C.D. suggestions:
- a) pool exercises
 - b) 800m skipping
 - c) special walks
 - d) swimming

OLD DOGS - add B.B. Wt. Trn. to your
T, Th schedules! Rookies, its
your option!!

STRENGTH TRAINING MICROCYCLES

JUMPERS

DECATH

Dec. or
Nov. '95

Tech.

SP-1; M-1; WK → 1-3

(Mon.) Cleans - 6X3 @ 70-80%
Bench - 3X5, 2X4 @ 70-80%
Squat - 3X5 @ 70-75% only!
Half Squat - 2X4 @ 100% ++ → then BOX SERIES X 3!
Rus. Tw. - 2X10
↳ use low box only!!

(Wed.) Cleans - 6X3 @ 70-80%
Bench - 5X5 @ 70% "Static-Dynamic"
Squat - 5X4 @ 70% "Static-Dynamic" } Hold 3"
Toe Press - 2X15 (NEG. ONLY)

(Fri.) Cleans - 6X3 @ 70-80%
Bench - 1X6, 2X5, 1X4 @ 70-85%
Step-Ups - 3X6 @ 50% Bd. Wt. on 1' BOX only
Lunge Jumps - 3X6 @ 30% " "
Rus. Tw. - 2X10

(Tues.) Ancill. & B.B. - "A" (1X10)

(Sat.) " " - "B" (1X10)

WEEKLY MICROCYCLE

WENT: Jumpers
(Sprinters
Decath.)

WEEK OF: Nov. 26-Dec. 2, '95

(Test Week)

Sunday

Decath. 2
1 AM part of
of choices
3X/throws

⊗ Off-Active Rest!

Monday

① W.U. - W ② Acc. Dev. → 9-block starts ③ TEST → 50m
alt. leg and
(time & contacts)

④ Wt. Trn. → Olympics - 6x2 @ 75-90% ⑤ C.D. w/ 800m Jog!

Tuesday

① W.U. - T ② Tech. → TBA ③ G.S. X 10 (Pedestal)
"Your choice of specifics" X 20 (Pillar)
X 1 X 20m (Verdun)

④ C.D. w/ 400m Skip - Lunge Grabs

Wednesday

① W.U. - V ② MT X 5 (Bomb) ③ Wt. Trn. → Bench & Squat
5X5 @ 70-80%

④ C.D. w/ 50m Spec. Walks!

Thursday

⊗ Off-Complete Rest!
"⊗ Do Some Physiotherapy!"

Friday

① W.U. - Your Choice ② Recreation - game of
choice!
or Tech. Sessions by appt.

③ C.D. w/ 800m Jog-Skip!

Saturday

⊗ Off-Active Rest!

 M-W-T → Jumper → 10am
 T-Th → Jumper → 10am
 Sat → 10am

(12)

WEEKLY MICROCYCLE

EVENT: Jumpers/Sprints WEEK OF: Dec. '95

SP-1; M-1; Wk → 1-3 (Tech.)

Decath → M, F - JAV
 T, Th - Disc
 W - SP

* Off-Active Rest!

Monday ① W.U. - T ② Acc. Dev. → TBA ③ MJX 2X30m (Rudiment)
 ④ Wt. Trn. ⑤ C.D. w/ 800m Skip - Lunge Grabs!

* Tuesday
 Fortlek
 15'
 10m - 20ft

① W.U. - U ② Tech. → TBA ③ G.S. X 20 (Pillar) ④ MBX 10 (Gas)
 ⑤ Wt. Trn. ⑥ C.D. w/ 4X50m bare-foot Skips

Wednesday ① W.U. - S ② Approach Tech. → TBA ③ MJX 2X30m
 (Ext. 6 Super.)
 ④ Wt. Trn. ⑤ C.D. w/ 4X50m Spc. Walks

Thursday
 Fortlek
 15'
 10m - 20ft

① W.U. - T ② Tech. → TBA ③ G.S. X 10 (Pedestal) ④ MBX 10 (Tank)
 X 15 (Pillar)
 ⑤ C.D. w/ 800m EZ Jog!

Friday ① W.U. - U ② Spd. Dev. → TBA ③ MJX 5 (Depth) ④ MTX 3 (Bent)
 ⑤ Wt. Trn. ⑥ C.D. w/ 800m Jog - Skip

Saturday ① W.U. - T ② Spe. End. → $\left. \begin{matrix} 1 \times 300 \\ 2 \times 250 \\ 3 \times 200 \end{matrix} \right\} \text{ use 4' rec.}$ ③ G.S. X 1X20m (Verdun)
 ④ Wt. Trn. ⑤ C.D. w/ 1000m

CHRISTMAS BREAK 1995
(Points to Ponder)

1. Each and everyone of you have completed an excellent general preparation period. For many of you it was more voluminous than a normal year had been in your training past - but you made it. The work you have completed has established a foundation from which we can do some really amazing things during the upcoming indoor competitive phase. It is imperative that you don't waste this solid base by taking a three week vacation during this break period.
2. I have written a general training plan for you to complete while away from campus. If you lose this paper, please call me immediately. Do not allow your mistake to compound a bad situation. You must train correctly. If you return in poor form your indoor competitive schedule will be altered! For some, it will be eliminated.
3. Lack of facilities, bad weather, illness, social obligations, etc. are NO excuse for not meeting every item on the training schedule. If you dare to be great you will find a way and a time to train.
4. When environmental and/or situational factors hamper your plans, create a plan "B". Try to mimic the requested activity. Do acc. dev. on stairs or a stationary bike. Use a basketball for medicine ball or multiple throw series. Do "in-place" jumps, depth jumps, vertical jumps, etc. to substitute for designed MJ series. There is NO excuse for not hitting the warmup, general strength, and cool down items. These things can be done in your garage, a hallway, or bundled up in the freezing rain. Weight training sometimes is more difficult to achieve. See me if you foresee a problem here.
5. Best wishes to you and your family for a happy holiday season. Give me a call during your break to let me know how you are doing. Please take some time during this festive season to contemplate just how fortunate you are to be able to experience the times at hand.
6. Your decision to be a part of this program comes with many implied responsibilities. Your actions speak loudly about your allegiance to the university, the team, this staff and most of all your teammates. Whether you are a wide-eyed underclassman or a wiley, old dog, post graduate you are a member of this fraternity. It is an implied premise that you realize your gifts and strive to use them in the most productive manner. You and only you control your athletic future.

The week of Christmas is a recovery/regeneration cycle! During this period try to train 3-4 days in a very general sense. General recreation (ie - handball, swimming, biking, etc.); short sprints; wt. Trn; Gen. Str.; Med Ball exercises; light technique, etc. are in order. Do enough work to maintain fitness of all ⁸biomotor qualities! This is for one week only. In Jan. start the holiday cycle!

(*) Biomotor Qualities = Speed, Strength, Skill, Suppleness, & Stamina

STRENGTH TRAINING MICROCYCLES

⊗ Holiday Cycle '95-96
All Field Eventers

(Mon.; Wed.; Fri.) Olympics → 6-8X2 @ 80-85%
Bench → 5, 4, 3, 2, 1 @ 70-75%
Push, Tw. → 3X10
Toe Risers → 2X15 Negatives only!

LEGS

Throwers → M & F → 2X5; 2X4; 2X3 @ 70-85% SQUATS
W → 6X3 @ 80% only! SQUATS
Jumps → M & F → Lunge Jumps x 5X6 @ 40% Bd. wt.
W → Squats - 5X3 @ 70-75% only

⊗ Optional Ancill. & B.B. on Tues. & Sat.
ONLY!!

Use → 2-3X10

Put a check mark by ea. item that you complete ea. wk.!! I want this sheet returned to my office when you return in Jan.!!

WEEKLY MICROCYCLE

EVENT: Jumpers - Sprinters WEEK OF: Holiday Break '95-96
& Decathletes

Sunday

Decath. → 1-2x ea. wk. 15' Fartlek;
Do ea. thn. at least 1x/wk;
Do MoxF Acc. Dev. over hurdles!

Off-Active Rest!

Monday

① W.U. - T ② Acc. Dev. → 9 runs ③ MJX? (Choice) ④ Wt. Trn.
⑤ C.D. w/ 800m Jog - Skips

Tuesday

① W.U. - U ② Tech. - ? ③ G.S. X 20 (Pillar) ④ MBX 15 (GAS)
⑤ C.D. w/ 800m Skip - Lunge - Grabs X 15 (Pedestal)

Wednesday

① W.U. - V ② Varied Spd. → 6 runs "S-F-S" ③ MJX? (Choice)
④ Wt. Trn. ⑤ C.D. w/ 400m Skip

Thursday

① W.U. - T ② Tech. - ? ③ G.S. X 15 (Waterloo) ④ MBX 15 (Task)
then X 1 X 20m (Verdun)
⑤ C.D. as Tues.

Friday

① W.U. - U ② Acc. Dev. → 12 runs ③ MJX 3 X 10m (Rudiment)
④ Wt. Trn. ⑤ C.D. as Mon.

Saturday

① W.U. - V ② Spc. End. → 5 runs w/ 5' rec. ③ C.D. as Wed.
of your choice.

Use 80m - 200m in dist.!

WARMUP PROTOCOLS

TEXAS TRACK & FIELD

- (Set T) Jog or Skip 400m; Static Flexibility Series; Sprint Drills x 1 x 40m (A & B); Dynamic Flexibility (Series 1 & 2); Buildup Runs x 3-4.
- (Set U) Jog or Skip 400m; Static Flexibility Series; Sprint Drills x 1 x 30m (A & B); Dynamic Flexibility (Series 1); Buildup Runs x 2-3.
- (Set V) Jog or Side Shuffle 400m; Static Flexibility Series; Sprint Drills x 1 x 20m (A); Dynamic Flexibility (Series 1, 2, 3); Buildup Runs x 3-4.
- (Set W) Jog with Lunge Grabs 400m; Static Flexibility Series; Sprint Drills x 1 x 30m (A); Dynamic Flexibility (Series 4); Buildup Runs x 2-3.
- (Set X) Side Shuffle 400m; Static Flexibility Series; Sprint Drills x 1 x 30m (A & B); Dynamic Flexibility (Series 4); Buildup Runs x 2-3.
- (Set Y) Jog 400m; Static Flexibility Series; Sprint Drills x 1 x 20m (C).
- (Set Z) Jog, Side Shuffle and Lunge Grabs 400m; Dynamic Flexibility (Series 1 & 2).

WARMUP SERIES EXERCISES

Sprint Drills

- | | | |
|---|--|---|
| (A) 1. High Knee
2. A-Skip
3. Backward Skip
or Run
4. Butt Kick
5. Crossovers (L&R)
6. B-Skip | (B) 1. B-Skip
2. Fast Leg Butt
Kick
3. Fast Leg Cycle
4. Fast Leg Knee Lift
5. Str. Leg Bound
6. Carioka (high knee) | (C) 1. A-Skip
2. B-Skip
3. Str. leg Bound
4. Flex Leg Bound
5. Butt Kick
6. Carioka (high
knee) |
|---|--|---|

Dynamic Flexibility

- (Series 1)
1. Eagles
2. Scissors
(Frontal & Sagittal)
3. Hip Circles
4. Leg Swings
(Frontal & Sagittal)
5. Donkey Kicks & Leg
Whip

- (Series 2)
1. Hurdle Seat-Leg
2. Inverted Bicycle
3. Hurdle Seat Exchange
4. Trail Leg Windmill
5. Lunge Exchange

- (Series 3)
1. Arm Circles
2. Wrist Circles
3. Elbow Circles
4. Knee Circles
5. Ankle Circles
6. Hip Circles
7. Leg Circles

- (Series 4)
1. Hip Circles
2. Leg Swings
3. Trail Leg Windmill
4. Side Bends

Hurdle Mobility

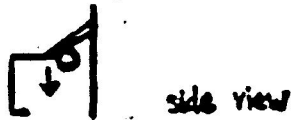
Hurdle Mobility

1. Hurdle Walkover (alt. lead leg) *spacing = rail to rail
2. Hurdle Walkover (const. lead leg) *spc = one ft.
3. Lateral Alt. Leg Skip (str. leg) *spc = one ft.
4. Lateral Alt. Leg Skip (flex. leg) *spc = one ft.
5. Over-Under (rt. over, lt. under) *spc = rail to rail
6. Over-Under (lt. over, rt. under) *spc = rail to rail
7. + 2, - 1 Alt. Leg Walkover *spc = rail to rail
8. Hurdle Walkover Skip (alt. lead leg) *spc = one ft.
9. Up - Back Skip (const. lead leg) *spc = one ft.
10. Running Lead Leg *spc = three ft.
11. Running Trail Leg *spc = three ft.

TEXAS TRACK & FIELD STATIC FLEXIBILITY EXERCISES

The following movements should be done slowly to a point where you feel a slight, easy stretch. At no time should a bouncing or jerky movement be used! Hold each position for 15-20 seconds and then gradually increase the stretch for a corresponding amount of time. Strive for relaxation - exhale upon effort.

1. Deltoid Region



Grasp onto something shoulder high. Keep your arms straight and move your chest slowly downward.

2. Pectoral Region



Lock your hands behind your back and then lift them upward keeping your arms straight. Keep your torso upright!

3. Tricep Region



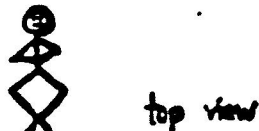
Grab one elbow with your opposite hand and slowly pull your elbow behind your head.

4. Oblique - Lat Region



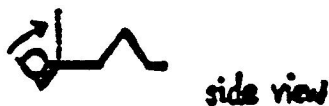
Lock your hands over your head and gradually lean to the side - only go to a point of slight stretch.

5. Groin Region



Lay on your back with your knees apart and feet together. Slowly RELAX your knees to the ground.

6. Scapular Region



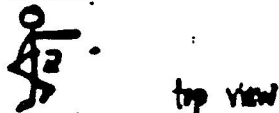
Lay on your back with your legs bent and feet flat on the ground. Slowly curl the upper portion of your torso to a point of slight resistance.

7. Hamstring Region



Lay on your back and gently pull your leg towards your chest. Keep your body flat on the ground.

8. Glute Region



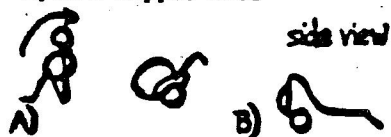
While laying on your back take your left leg across your body aided by a guiding right hand on the thigh. The left arm should remain on the ground with your eyes focused on it.

9. Total Body Stretch



Straighten out your arms and legs - point the toes and fingers.

10. Spinal Supple Roll



Sit in a balled up position a gentle roll onto your shoulders 4-5 times. Once the back loosens, lie in an inverted position using your hands for support on your back.

TEXAS TRACK

Special Strength Exercises

General Strength Exercises

G.S. (WATERLOO)

Prisoner Squats
V-sits
Pushups
Back Hypers w/Twist
Rocket Jumps
Leg Toss
Rocky's
Wrestler's Bridge
Cossack Extension
Crunch
Decline Pushups
Prone Single Leg Hip Extension

G.S. (BAATANI)

Single Leg Squat
Toe Touchers
Pushups
Back Hypers
Yogis-Hamstring Dev.
Side-Ups
Lunge Good Mornings
Rocky's
Lunge Walk
Push Up Toe Walk
Prone Flex. Leg Hip Ext.

G.S. (Verdun)

Low Walks
Reverse Low Walks
Duck Lunge Walks
Lateral Duck Walks
Lunge Extension Walks

(PEDESTAL)

Prone, Elbow Stand, Single Leg Raise
Supine, Elbow Stand, Single Leg Raise
Prone, Hand Stand, Single Leg Raise
Supine, Hand Stand, Single Leg Raise
Lateral, Elbow Stand, Single Leg Raise
Lateral, Hand Stand, Single Leg Raise
Prone, Flexed Knee, Elbow Stand Hip Lift
Supine, Flexed Knee, Hip Lift
Crunch, Low Reach
Crunch, Low Reach with Twist

G.S. (PILLAR CIRCUIT)

V-Sits
Back Hypers
Leg Toss
Wrestler's Bridge
Crunch w/Twist
Prone Hip Ext. (flexed)
Toe Touchers w/Partner

Back Hyper w/Twist
L-Over
Side Ups
Dbl. Leg Eagle
Low Level Bicycle
Pelvic Tilt Isometric (5 count)
Pelvic Tilt Leg Crunch

Multiple Throw Exercises

M.B. (GAS)

Std. OHF
Hip C-T
M.B. - Good Morning
M.B. - V Sit
Soccer Push
Hurdle Reach
Partner Exchange (Hip)
KSCT
Knee Toss
Prone C-T
Seated Roll
Pike - Shoot.

M.B. (TANK)

Std. Shoulder T-C
Reach & Hike
Back Toss
Seated Oblique Twist T-C
Leg Toss
Torso Circle
KOHF
Leg Ad-Abs
Prone OHB
Allah Arch
Partner Exchange-KOHB
Arm Ad-Abs

M.T. (BOMB)

OHB
BLF
HHTR
HHTL
Squat Chest

M.T. (SHELL)

Lunge Chest
OHF w/Step
Shoulder w/Step
KOHF
Square OHF

M.T. (MORTAR)

1 Hop + OHB
1 Hop + BLF
2 Hops + OHB
2 Hops + BLF
1 Box + OHB
1 Box + BLF

Multiple Jump Exercises

M.J. (KILIMANJARO)

Star Jumps
180-360 Degrees
Speed Skater
Line Hops
Dynamic Step-Ups
Single Leg Butt Kick

M.J. (EVEREST)

Lunge Jumps
Tuck Jumps
Butt Kicks
Lateral Squat Jumps
Downhill Jumps
Straddle Jumps

M.J. (RIP)

SLJ
STJ
3 DLB
LLRR

M.J. (Rudiment)

Power Skip (height)
Power Skip (distance)
Single Leg (forward)
Single Leg (backward)
Double Leg (forward)
Double Leg (backward)
LLRR
Medials

M.J. (EXTENDED)

Straight Leg Bounds
Alternate Leg Bounds
LLRR Bounds

M.J. (SUPERIOR)

Left Hops
Right Hops

M.J. (DEPTH)

1 Box + 1 H
2 Box + 2 H
1 Box + SLJ
2 Box + SLJ
2 Box Lateral

M.J. (Taton)

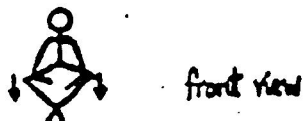
180-360 Degrees
Speed Skater
Line Hops
Downhill Jumps
Lunge Jumps
Single Leg Jump Squats

11. Spinal Unwind



From the position achieved in exercise number 10 slowly lower your legs while keeping your head on the ground. Try to grasp your lower legs while doing this.

12. Groin Butterfly



Assume an Indian style position and gently press your knees downward with your elbows.

13. Torso Rotation



Assume a seated position with your right knee. Use your right elbow to move the left knee in a clockwise direction while the torso moves in a counter-clockwise direction.

14. Erector - Hamstring Region



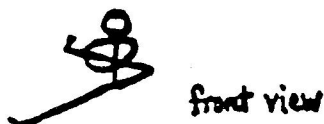
From a seated position spread your legs to a stretched position and gradually lean forward. Use your hands for balance.

15. Scapular - Hamstring Region



Keep position #14 and grasp your left foot or ankle and hold.

16. Ilio - Tibial Region



Pull your foot to your chest using both hands. Make sure this movement is done slowly.

17. Posterior Leg Region



From a seated position place one leg straight out and the other so that the foot is in the groin area. Grasp the straight leg with both hands near the ankle or foot.

18. Quad - Ankle Region



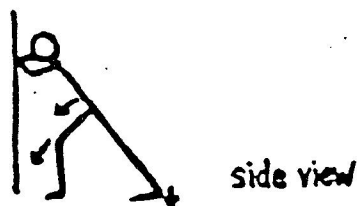
Sit on the soles of your feet and slowly straighten the torso.

19. Total Thigh Region



Place one leg behind you with the foot planter-flexed. Put the other leg so that the foot is somewhat in front of the torso and lay your hand on the thigh. Slowly arch your back.

20. Achilles - Gastroc Region



Place your forearms or hands on a wall with your feet staggered. Extend the back leg keeping the foot flat on the floor.

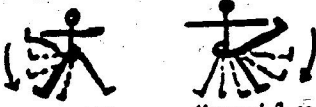
Dynamic Flexibility Exercises

Series 1

1. Hurdle seat - Leg Pickups (both lead & trail)



2. Eagles - Prone & Supine



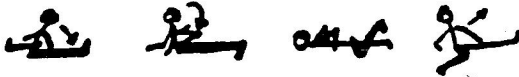
3. Inverted Sissors (frontal & sagittal planes)



4. Inverted Bicycle



5. Hurdle Seat Exchange



Series 2

1. Free Leg Swings - (frontal & sagittal planes)



2. Trail Leg Windmill



3. Lunge Exchange (keep hands on the ground)



4. Side Bends



5. Donkey Kicks & Leg Whip



Series 3

1. Arm Circles



2. Wrist Circle



3. Elbow Circles



4. Knee Circles



5. Ankle Circles



6. Hip Circles



7. Leg Circles



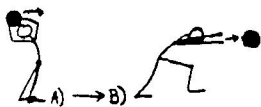
TEXAS TRACK

MEDICINE BALL EXERCISES

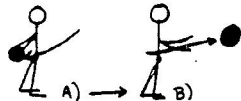
1. Standing Overhead Forward



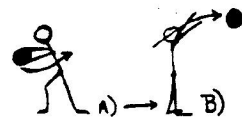
2. Overhead Step Throw



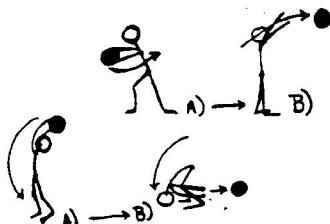
3. Hip Catch -n- Throw



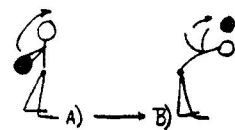
4. Standing Shoulder Throw



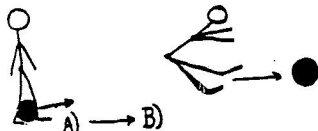
5. Overhead Hike



6. Behind the Back Toss



7. Leg Toss



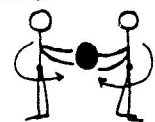
8. Hurdle Stretch



9. Torso Circles



10. Partner Exchange



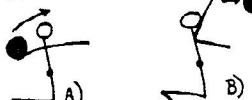
11. Kneeling Overhead Catch -n- Throw



12. Kneeling Shoulder Catch -n- Throw



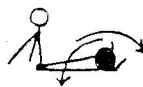
13. Kneeling Hammer - Ax Throw



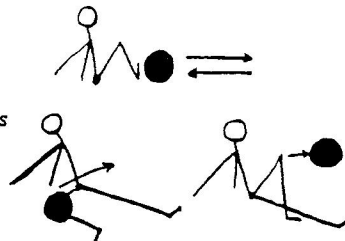
14. Front Loader



16. Leg Push -n- Catch



17. Knee Toss



18. Prone Catch -n- Toss



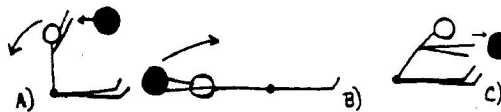
19. Prone Overhead Backwards



20. Prone Arm Ad - Ab's



21. Seated Overhead Catch -n- Throw Roll



22. Good Morning



23. V - Sit



24. Soccer Push



25. Pike Shoot



26. Seated Oblique T - C



27. Allah Arch



28. Partner Exchange - KOHB



BODY BUILDING & ANCILLARY LIFTS

TEXAS TRACK & FIELD

Group A

- | | |
|------------------------------|-----------------------------|
| 1. Lat. Pulldowns | 7. Arm Curls |
| 2. Leg L's | 8. Back Hyperextension |
| 3. Seated BNP | 9. Flys |
| 4. Frog Hangs | 10. Leg Curls |
| 5. Std. Lat. Flys | 11. Dumbbell Alt. Toe Touch |
| 6. Hanging Double Leg Eagles | 12. Toe Risers |

Group B

- | | |
|----------------------------|-------------------------------|
| 1. Seated BNP | 7. Leg Curls |
| 2. Seated Russian Twist | 8. Back Hyperextension |
| 3. Flys | 9. Std. Lateral Flys |
| 4. Dumbbell Alt. Toe Touch | 10. Hanging Double Leg Eagles |
| 5. Arm Curls | 11. Toe Risers |
| 6. Lunge Russian Twist | 12. Std. Russian Twist |

Group C

- | | |
|----------------------------|-------------------------|
| 1. Std. Lat. Flys | 7. Dips |
| 2. Dumbbell Alt. Toe Touch | 8. Lunge Russian Twist |
| 3. Seated BNP | 9. Leg Curls |
| 4. Hanging Dbl. Leg Eagles | 10. Std. Russian Twist |
| 5. Arm Curls | 11. Pullups |
| 6. Stated Russian Twist | 12. Back Hyperextension |

TEXAS TRACK

General Agility Series

- 1) *Square Shuttle (5m)*
- 2) *Beam Walks (high knee, B-skip)*
- 3) *Stork Hops on Line (10-20m)*
- 4) *Lateral Stork Hops*
- 5) *180 degree Jump Turns*
- 6) *360 degree Jump turns*
- 7) *Line Shuttle (50m x10's)*
- 8) *90 degree Stork Turns*
- 9) *Side Shuffle Vertical Jumps (3m)*
- 10) *Single Leg Square Shuttle*

Pole Vault - General & Specific Strength Exercises

1. Pull-ups (for general warmup)
2. Rope Climb - normal & inverted
3. Rollovers - w/bar & one handed push off
4. Rope Penetration Swings
5. Rope Swing Ups
6. Rope Partner Lock Swingups
7. Skin-the-Cat Dismounts
8. High Bar Swings to Parallel (along to bar)
9. High Bar Swings to Dismount (also vertical to swing to dm.)
10. P-Bar Shoots (also w/turn) (also vertical to swing to dm.)
11. Kips (rings, high bar, P-bar)
12. P-Bar Swings to Parallel
13. Inverted Shoots
14. Release Pops (also single arm)

POLE VAULT

