



## Week 1 - Eccentric

### Day 1 - Stability | Plyometrics | Lower Body

<b>Corrective Stretches (Lower)</b>
<b>Sprinter Warm Up</b>
<b>Stability</b>
[S.1] 1.A. Hollow Hold on Parallettes - 2 x 25 seconds
[S.2] 1.B. Side Plank - 2 x 25 seconds
<b>Plyometrics</b>
[P.1] 1. Single Leg Toe Touch - 5 x 5 each leg
[P.2] 2. Single Leg Tuck Jumps - 5 x 5 each leg (land 2 feet)
<b>Strength</b>
1. Back Squat [no more than 80%] - 5 x 4 (4 X X)
2. Bulgarian Split Squat - 4 x 6 ea. leg (4 X X)
3. Buddy Hamstring Curls - 5 x 3 (4 X X)
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
<b>Regeneration (lower)</b>



## Week 1 - Eccentric

### Day 2 - Iso-Activation | Acceleration | Upper Body

<b>Corrective Stretches (Upper)</b>
<b>Sprinter Warm Up</b>
<b>Iso-Activation</b>
[IA.1] 1. Iso Knee Raise (wall) - 3 x 10 seconds each leg
[IA.2] 2. Iso Glute/Ham Thrust - 3 x 10 seconds (pause and hold at top)
<b>Mechanics (Acceleration)</b>
[M.1] 1. Seated Arm Pump - 5 x 5 each side
[M.2] 2. Stance to Wall - 10 x 1
[M.3] 3. Ground Starts - 8 x 1 (10 yards)
<b>Strength</b>
1. Overhead Press [no more than 80%] - 5 x 4 (4 X X)
2.A. Inverted Row - 4 x 6 (4 X X)
2.B. Push Ups - 4 x 8 (4 X X)
3.A. EZ Bar Bicep Curl (2 close, 2 wide) - 4 x 8 (4 X X)
3.B. Hanging Knee Raise - 4 x 8 (2 X X)
<b>Regeneration (Upper)</b>



## Week 1 - Eccentric

### Day 3 - Stability | Plyometrics | Lower Body

<b>Corrective Stretches (Lower)</b>
<b>Sprinter Warm Up</b>
<b>Stability</b>
[S.3] 1.A. Iso Leg Lifts - 4 x 30 seconds (isometric hold)
[S.4] 1.B. Seated Twists - 4 x 20
<b>Plyometrics</b>
[P.3] 1. Pogo Jumps - 5 x 10
[P.4] 2. Box Jump - 8 x 1
[P.5] 3. Squat Jumps - 5 x 10 seconds
<b>Strength</b>
1. Front Load Single Leg Box Squat - 5 x 4 ea. leg (4 X X)
2. Romanian Deadlift - 4 x 6 (4 X X)
3. Barbell Step Ups - 4 x 6 ea. leg (2 X X)
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
<b>Regeneration (lower)</b>



## Week 1 - Eccentric

### Day 4 - Iso-Activation | Top Speed | Upper Body

<b>Corrective Stretches (Upper)</b>
<b>Sprinter Warm Up</b>
<b>Iso-Activation</b>
[IA.3] 1. Iso Barrier Knee Raise - 3 x 10 seconds each leg
[IA.4] 2. 3 Way Glute Activation - 3 x 5 second pause each way
<b>Mechanics (Top Speed)</b>
[M.4] 1. Top Speed Circuit 1 x 10 yards
[M.5] 2. Tempo Runs - 10 x 30 yards (30 second rest)
<b>Strength</b>
1. Bench Press - 5 x 4 (4 X X)
2.A. Pull Up - 4 x 6-8 (4 X X)
2.B. I,T,Y's - 4 x 3 ea.
3.A. Wall Walks - 3 x 2
3.B. Tricep Rope Extension - 3 x 8 (3 X X)
<b>Regeneration (upper)</b>