



## Week 11 - Concentric

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

<b>Corrective Stretches (Lower)</b>
<b>Sprinter Warm Up</b>
<b>Stability</b>
[S.1] 1.A. Toes to Bar (controlled) - 3 x 20
[S.2] 1.B. Hyperextensions (weighted) - 3 x 20
<b>Plyometric</b>
[P.1] 1. Power Skips (height & distance) - 6 x 1 each (20 yards)
[P.2] 2. Alternate Bounding - 6 x 1 (20 yards)
[P.2] 3. Single Leg Bounding (focus on cycling leg) - 6 x 1 (20 yards) each leg
<b>Strength</b>
1. Back Squat [60% or less] - 8 x 2 (X X X)
2. Dimmel Deadlift - 8 x 3
3. Bulgarian Split Squat - 4 x 3 ea. leg (1 X X)
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
<b>Regeneration</b>



## Week 11 - Concentric

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

<b>Corrective Stretches (Upper)</b>
<b>Sprinter Warm Up</b>
<b>Iso-Activation</b>
[IA.1] 1. Weighted Hip Load March - 5 x 1 (15 yards)
[IA.2] 2. Reverse Hyperextension Holds - 5 x 10 seconds
<b>Mechanics (Acceleration)</b>
[M.1] 1. Banded Rack Starts (w Band around Ankle) - 5 x 5
[M.2] 2. Technique Starts - 6 x 20 yards (transition into cycling)
[M.3] 3. Sled Push - 6 x 20 yards
<b>Strength</b>
1. Power or Split Jerk - 8 x 2 (X X X)
2.A. Barbell Row - 4 x 10 (1 X X)
2.B. Close Grip Bench Press - 4 x 10 (X X X)
3.A. Scarecrows - 4 x 10
3.B. Alternating DB Curl - 4 x 10 ea. arm
<b>Regeneration</b>



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

<b>Corrective Stretches (Lower)</b>
<b>Sprinter Warm Up</b>
<b>Stability</b>
[S.3] 1.A. Sprinter Sit Ups (speed) - 3 x 20
[S.4] 1.B. Woodchops - 3 x 10 each side
<b>Plyometrics</b>
[P.3] 1. Quick Hurdle Jumps - 12 x 1 (10 hurdles)
[P.4] 2. Bounding (height & distance) - 4 x 15 yards each
[P.5] 3. Trap Bar or DB Squat Jump - 10 x 2
<b>Strength</b>
1. Hang Clean [60% or less] - 8 x 2 (X X X)
2. BB Step Ups - 4 x 6 ea. leg (1 X X)
3. Swiss Ball Hip Thrust to Curl - 4 x 10
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
<b>Regeneration</b>



## Week 11 - Concentric

### 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.A. Banded Knee Raise from Plank - 5 x 10 each
[IA.4] 1.B. Banded Glute Raise from Plank - 5 x 10 each
<b>Mechanics (Top Speed)</b>
[M.4] 1. Top Speed Circuit - 1 x 2
[M.5] 2. SL High Knee (over hurdle) - 4 x 10 hurdles each leg
[M.5] 3. SL Cycling (over hurdle) - 4 x 10 hurdles each leg
[M.5] 4. Build Ups - 6 x 20 yards
<b>Strength</b>
1. Bench Press [60% or less] - 8 x 2 (X X X)
2. Wide Grip Chin Ups - 4 x 10
3. Single Arm Overhead DB Press - 4 x 8 ea. arm
4.A. Skull Crushers - 3 x 12
4.B. Hyperextensions - 3 x 12
<b>Regeneration</b>