



Week 13 - On - Technique Maintenance

Day 1

Corrective Stretches (Lower)
Sprinter Warm Up
Stability
Plyometrics
1. Power Skips (height) - 2 x 1 (20 yards)
2. Power Skips (distance) - 2 x 1 (20 yards)
3. Alternating Bounds - 2 x 1 (20 yards)
4. Single Leg Bounds - 2 x 1 each (20 yards)
Strength
Regeneration



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Day 2

Corrective Stretches (Upper)
Sprinter Warm Up
Iso-Activation
Mechanics (Acceleration)
1. Wall Drill - 5 x 5 seconds
2. Sprinter Stance Broad Jumps - 6 x 1
3. Technique Starts - 6 x 1 (10 yards)
Strength
Regeneration



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Day 3

Corrective Stretches (Lower)
Sprinter Warm Up
Stability
Plyometrics
1. Sprinter Stance Squat Jumps - 6 x 1
2. Sprinter Stance Box Jumps - 6 x 1
3. Single Leg Tuck Jumps - 3 x 5 each leg
Strength
Regeneration



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Day 4

Corrective Stretches (Upper)
Sprinter Warm Up
Iso-Activation
Mechanics (Top Speed)
1. Top Speed Circuit - 1 x 2
2. SL High Knee (over hurdle) - 4 x 10 hurdles each leg
3. SL Ankling (over hurdle) - 4 x 10 hurdles each leg
4. Build Ups - 3 x 20 yards
Strength
Regeneration