



Week 3 - Eccentric

Day 1 - Stability | Plyometrics | Lower Body

Corrective Stretches (Lower)
Sprinter Warm Up
Stability
[S.1] 1.A. L Sits - 2 x 25 seconds
[S.2] 1.B. Side Plank Hip Lifts - 2 x 25
Plyometrics
[P.1] 1. Single Leg Toe Touch to Broad Jump- 5 x 5 each leg (land on 1 foot)
[P.2] 2. Single Leg Tuck Jump to Broad - 5 x 5 each leg (land 2 feet)
Strength
1. Back Squat [no more than 80%] - 5 x 2 (6 X X)
2. Bulgarian Split Squat - 4 x 6 ea. leg (4 2 X)
3. Buddy Hamstring Curls - 6 x 2 (6 X X)
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
Regeneration (lower)



Week 3 - Eccentric

Day 2 - Iso-Activation | Acceleration | Upper Body

Corrective Stretches (Upper)
Sprinter Warm Up
Iso-Activation
[IA.1] 1. Iso Knee Raise w Leg Extended w Wall Press - 3 x 10 seconds each leg
[IA.2] 2. Weighted Iso Glute/Ham Thrust - 3 x 10 seconds (pause and hold at top)
Mechanics (Acceleration)
[M.1] 1. Seated Arm Pump (time) - 5 x 5 seconds each
[M.2] 2. Wall Drill - 10 x 1 switches
[M.3] 3. Resisted Ground Starts - 8 x 1 (10 yards)
Strength
1. Overhead Press [no more than 80%] - 5 x 2 (6 X X)
2.A. Inverted Row - 4 x 8-12 (4 2 X)
2.B. Push Ups - 4 x 10-12 (4 X 2)
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)
Regeneration (upper)



Week 3 - Eccentric

Day 3 - Stability | Plyometrics | Lower Body

Corrective Stretches (Lower)
Sprinter Warm Up
Stability
[S.3] 1.A. Flutter Kicks - 4 x 20
[S.4] 1.B. Seated Russian Twist - 4 x 20
Plyometrics
[P.3] 1. Low Squat Pogo Jumps w Lunge - 5 x 10 + 3 Lunges
[P.4] 2. Approach Box Jump - 8 x 1
[P.5] 3. BB Squat Jumps - 5 x 10 seconds
Strength
1. Front Load Single Leg Box Squat - 5 x 2 ea. leg (6 X X)
2. Romanian Deadlift - 4 x 6-8 (6 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
Regeneration (lower)



Week 3 - Eccentric

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

Corrective Stretches (Upper)
Sprinter Warm Up
Iso-Activation
[IA.3] 1. Banded Iso Knee Raise - 3 x 10 seconds each leg
[IA.4] 2. Banded Iso Glute/Ham - 3 x 10 seconds each leg
Mechanics (Top Speed)
[M.4] 1. Top Speed Circuit 1 x 10 yards
[M.5] 2. Tempo Runs - 10 x 30 yards (30 second rest)
Strength
1. Bench Press - 5 x 2 (6 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)
Regeneration (upper)