



## Week 4 - Deload

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

<b>Corrective Stretches (Lower)</b>
<b>Sprinter Warm Up</b>
<b>Stability</b>
[S.1] 1.A. L Sits - 2 x 25 seconds
[S.2] 1.B. Side Plank on Hip Lifts - 2 x 25
<b>Plyometrics</b>
[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)
<b>Strength</b>
1. Back Squat - 5 x 5 (50%)
2. Bulgarian Split Squat - 4 x 6 ea. leg
3. Buddy Hamstring Curls - 6 x 2
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
<b>Regeneration (lower)</b>



## Week 4 - Deload

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

<b>Corrective Stretches (Upper)</b>
<b>Sprinter Warm Up</b>
<b>Iso-Activation</b>
[IA.1] 1. Wall Knee Raise w Leg Extended - 3 x 10 seconds each leg
[IA.2] 2. Weighted Glute/Ham Thrust - 3 x 10 seconds (pause and hold at top)
<b>Mechanics (Acceleration)</b>
[M.1] 1. Seated Arm Pump (double switch) - 5 x 5 each side
[M.2] 2. Wall Drill - 10 x 1 switches
[M.3] 3. Resisted Ground Starts - 8 x 1 (10 yards)
<b>Strength</b>
1. Overhead Press - 5 x 5 (50%)
2.A. Inverted Row - 4 x 8
2.B. Push Ups - 4 x 10
3.A. EZ Bar Bicep Curl (2 close, 2 wide) - 4 x 8
3.B. Hanging Knee Raise - 4 x 8
<b>Regeneration (upper)</b>



# Week 4 - Deload

## Day 3 - Stability | Plyometrics | Lower Body

<b>Corrective Stretches (Lower)</b>
<b>Sprinter Warm Up</b>
<b>Stability</b>
[S.3] 1.A. Fluter Kicks - 4 x 20
[S.4] 1.B. Seated Russian Twist - 4 x 20
<b>Plyometrics</b>
[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
<b>Strength</b>
1. Front Load Single Leg Box Squat - 5 x 5 ea. leg (50%)
2. Romanian Deadlift - 4 x 6
3. Barbell Step Ups - 4 x 6 ea. leg
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
<b>Regeneration (lower)</b>



## Week 4 - Deload

### 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. Banded Iso Knee Raise - 3 x 10 seconds each leg
[IA.4] 2. Banded Iso Glute/Ham - 3 x 10 seconds each leg
<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 5 (50%)
2.A. Pull Up - 4 x 6
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
<b>Regeneration (upper)</b>