



Week 7 - Isometric

Day 1 - Stability | Plyometrics | Lower Body

Corrective Stretches (Lower)
Sprinter Warm Up
Stability
[S.1] 1.A. Hanging Hollow Hold with Knee Raise - 2 x 20
[S.2] 1.B. Bird Dog from Plank - 2 x 20
Plyometrics
[P.1] 1. Connected Triple Jump (from Sprinter Stance) - 8 x 1 ea. leg
[P.2] 2. Alternating Lunge Jumps - 5 x 8 ea. leg
Strength
1. Back Squat - 5 x 2 (X 6 X)
2. Walking Lunge - 4 x 10 ea. leg (X 2 X)
3. Band Goodmornings - 4 x 12 (X 2 X)
4.A. Plantar Flexion - 2 x 20 (X 1 X)
4.B. Dorsi Flexion - 2 x 20 (X 1 X)
Regeneration



Week 7 - Isometric

Day 2 - Iso-Activation | Acceleration | Upper Body

Corrective Stretches (Upper)
Sprinter Warm Up
Iso-Activation
[IA.1] 1. Hip Load March w Barbell - 4 x 15 yards
[IA.2] 2. Single Leg Leg Curl (on Swiss Ball) - 3 x 10 ea. leg
Mechanics (Acceleration)
[M.1] 1. Kneeling Arm Pump - 5 x 5 seconds
[M.2] 2. Band Resisted Starts - 8 x 1 (10 yards)
[M.3] 3. Jump Back Starts - 8 x 1 (10 yards)
Strength
1. Push Press - 5 x 2 (X 4 X) [NOTE: Isometric is holding at top]
2.A. Single Arm Row - 4 x 12 ea. arm (X 3 X)
2.B. DB Neutral Press - 4 x 10 (X 3 X)
3.A. Lateral Raise - 4 x 10 (X 1 X)
3.B. Barbell Curl (half range of motion) - 4 x 12 (X 2 X)
Regeneration



Week 7 - Isometric

Day 3 - Stability | Plyometrics | Lower Body

Corrective Stretches (Lower)
Sprinter Warm Up
Stability
[S.3] 1. Kneeling Arm Swings (light weight) - 3 x 10 seconds
[S.4] 2. MB Side Toss - 3 x 10 ea. side
Plyometrics
[P.3] 1. Ascending Knee Jumps - 10 x 1
[P.4] 2. Rebound Jump to Lunge - 8 x 1
[P.5] 3. Med Ball Back Toss - 10 x 1
Strength
1. Trap Bar Deadlift - 5 x 2 (X 6 X) [NOTE: Pause right above the ground]
2. BB Elevated Reverse Lunge - 4 x 8 (X 2 X)
3. Cable Pull Throughs - 4 x 10 (X 4 X)
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
Regeneration



Week 7 - Isometric

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

Corrective Stretches (Upper)
Sprinter Warm Up
Iso-Activation
[IA.3] 1.A. Cable Knee Raise - 5 x 8 ea. leg
[IA.4] 1.B. Cable Glute/Ham Pulls - 5 x 8 ea. leg
Mechanics (Top Speed)
[M.4] 1. Top Speed Circuit - 1 x 10 yards
[M.5] 2. Dead Leg Run w Dowel Rod - 4 x 20 yards
[M.5] 3. Single Leg Elevated Hip Switch - 5 x 5 ea. leg
[M.5] 4. Tempo Runs - 2 x 20 yards
Strength
1. Bench Press - 5 x 2 (X 6 X)
2. Neutral Grip Pull Down - 4 x 10 (X 4 X)
3. DB Overhead Floor Press - 4 x 8
4.A. Dips - 3 x MAX
4.B. Wheel Rollouts - 3 x 15
Regeneration