

# Jumpers Spring Break Workout

## Monday

1. Warm-up (Stretch & form work)
2. 3 sets of L-L-L-L-L for 20 yards as fast as possible (land flat feet and pull with your hamstring)
3. 3 sets of R-R-R-R-R for 20 yards as fast as possible
4. 3 Sets L-L-R-R-L-L-R-R-L-L-R-R as fast as possible.
5. 3 sets of 10 rocket jumps (squat, touch the ground, then rocket as high as you can go in place)

## Tuesday

1. Warm-up (Stretch & form work)
2. 3 sets of 35 yard lunges (nice and slow)
3. 3 sets of 10 lunge jumps (lunge position, then jump up and land in the lunge positions for the other leg)
4. Work on 5-step penultimate (lowering) take-off for LJ.  
(ONE.....TWO.....THREE.....FOUR...FIVE)

## Wednesday

1. Warm-up
2. 10 perfect run-throughs at school
3. 3 X's 50 yards for the following:
  - a. Straight leg bounds
  - b. Skipping for height
  - c. Skipping for distance
  - d. Backwards runs

## Thursday

1. Warm-Up
2. Set 6 cones (or shoes) at 9ft apart for guys and 7.5 ft for girls. With a 3-step start, hit each cone/shoe with L-L-L-L-L while gaining speed on each hop.
3. Repeat with R-R-R-R-R
4. R-L-R-L-R-L (OR L-R-L-R-L-R)
5. R-R-L-L-R-R-L-L (OR L-L-R-R-L-L)
6. Repeat #2-5 four times.

## Friday Easy jog

Stretch

Rest for Wednesday at Atwater!

Rest the next two days and get ready for Buhach on 4/11/12.

**HAVE A GREAT VACATION !!!!!**