Air Academy Track and Field/Cross Country

Daily Schedule: Cross Country complete drill list through High Knees on speed/interval days. Easy running days complete drill list down through “speed prep”.

6 min jog

Activation and Range of Motion

Movement Prep

Speed Prep

Hurdle Prep

Workout

Weights or plyo/hurdle hops

Core

Flexibility, Modalities

Blue: Below Silver-cut after movement prep

Activation/Range of Motion:

Hip Series-Hydrants, F. Hurdle Rotate,

Back Hurdle Rotate, kneeling scorpions

Lying scorpions

Superman

Eagles

Forward kicks w/hand touch

Movement Prep:

Side Lunge

Forward Lunge

Exag.Forward Lunge elbow down

Back Lunge

Drop Lunge

Hand Walk

Speed Prep:

A skip-walk, mirror, speed

B skip-walk, mirror, speed

Ankling

High knee

Speed skate hops-alt. with clutch,without clutch

Carioca, Lateral skips

Alt. Fast leg

Roll-Outs-20,40,60

2x accelerated curve

Hurdle Prep:

Leg swing march

Form March

Can Can

Skip Leads/SkipTrails

3m Leads/3mTrails