

Track & Field

Category	Exercise	Sets x Reps	Rest
Flexibility & Mobility			
5-7 minutes	Foam Rolling: Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Pecs 4. Glute complex 5. Quad complex/hip flexors 6. IT band 7. Hamstring 8. Calves	1 set/ side - :30-60/side	
3-5 minutes	Stretching: 1. Supine figure four 2. Anterior Chain 3. Calves 4. Pec/Shoulders	1 set/ side - :30-60/side	
Dynamic Warm-up			
5-7 minutes	Movement Prep: Leg swings- linear/lateral- 10/s Quad RDL and reach/shoot the moon-5/s Worlds greatest- 5/s Sprint/Run Mechanic Warm-up: Toes/ heels High Knees Butt Kicks Lateral Shuffle w/ arm abduction High Knee X-Over High knee Carioca A-Skips B-Skips C-Skip	1x 15-20yds	
SPARQ			
2 sets = 12 min training session	Arm Swings- 2/3/4	2x 5-8/s	:30s
3 sets = 15 min training session	1/3/5 Wall drive	4x 3-5/s	:30s
4 sets = 20 min training session	Linear Bounds	4x 10/s	:30-60s
	100m sprints- a. 2 point b. 3 point c. 4 point d. Falling starts	4x	1 min
Cool Down			
5-7min	Foam Rolling and static stretching from Warm Up		
Disclaimer			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			