



## New Mexico TF Men's Long Sprints

### Mesocycle 3 – Week 2 (Oct 25-31, 2021)

#### 1. Monday, October 25: *Neural*

- a. *Warm Up 1*
- b. *Multijumps*
  - a. Standing Long Jumps (WV)
  - b. Skips for Distance (WV)
- c. *Technical Execution*
  - a. Blocks to 10m (with a few competitive)
- d. *Acceleration Development (5-8 sets)*
  - a. 1 x 20m Sled
  - b. 1 x 35m Tape Accel (may add run out)
- e. *Coordination*
  - a. 3 x 10 Accel Switches (WB or HW)
- f. *Multithrows*
  - a. 10-20 x NCM Underhand Forward
- g. *Weightlifting (Neural)*
  - a. Power Clean
  - b. TBDL + Seated Box Jumps
  - c. Ancillary Lifts
  - d. Multithrows

#### 2. Tuesday, October 26: *Extensive*

- a. *Warm Up 1*
- b. *Extensive Tempo (Grass) (much lower intensity pace, looking to hit a consistent pace throughout and not push it, think more aerobic work than lactic)*
  - a. 6-8 x 40s (1:50 rest)
- c. *Mobility*
  - a. 6 x 30m Backward Runs
- d. *Special Strength*
  - a. 65s/65 x second Bench Core Holds (Front, Back)

- b. 30s/30s x Hamstring ISO
- c. 30s/30s x Copenhagens ISO
- d. 65s/65s x SL Glute Bridge ISO
- e. *Cool Down*

**3. Wednesday, October 27: General**

- a. *Warm Up 2*
- b. *Coordination*
  - a. 2 x 20 Hip Lock Wall Slide
  - b. 2 x 20 Standing Hip Lock with Waterbag
  - c. 3 x 6/6 Hurdle Spindle (add Plate or WB)
  - d. 3 x 6/6 Canoe Snatch (Variations, Plate, WB)
  - e. 3 x 6 Hip Hinge (Plate)
- c. *Med Ball*
  - a. 20 x Standing Rotational Toss and Catch
  - b. 20 x Standing Side Toss and Catch
  - c. 10/10 x Over the Shoulder Toss and Catch
  - d. 15/15 x Single Leg Speed Toss and Catch
  - e. 15 x Glute Bridge Chest Pass
  - f. 15 x Hut-Hut-Hike
- d. *Special Strength*
  - a. 65/65 x Bench Core Holds (Side)
- e. *Weightlifting (General)*
  - a. Bodybuilding Circuits
  - b. Mobility Work
  - c. Endocrine Fitness

**4. Thursday, October 28: General**

- a. *Pool Workout*

**5. Friday, October 29: Neural (bring spikes)**

- a. *Warm Up 1*
- b. *Technical Execution*
  - a. Wicket Variations
  - b. Blocks to 10m
- c. *Absolute Speed Development*
  - a. 1-3 x 80m
- d. *Race Modeling Speed Endurance*
  - a. 1 x 190m
- e. *Multijumps*
  - a. Depth Jumps (timed) (24"->24")
- f. *Coordination*
  - a. 2 x 10/10 Step Through's
  - b. 2 x 10/10 MV Switches (Doubles) (In Place, WB or Plate)
- g. *Multithrows*
  - a. 10-20 x NCM Vertical

- h. Weightlifting (Neural)*
  - a. Hang Clean or Snatch*
  - b. Squats + Hurdle Hops*
  - c. Ancillary Lifts*
  - d. Multithrows*

- 6. Saturday, October 30:** *Extensive (Netherwood Park)*
  - a. Warm Up 1*
  - b. Resisted Runs (Intensive Tempo – Hills)*
    - i. 4 x Netherwood Park*
  - c. Cool Down*

