

## High Jump Winter Break Workout

<p><b>Friday Dec 20th</b> (this can be done at your home)</p> <p><b>SSA warm-up</b></p> <p><b>Flop series ( these can be done on your bed)</b> -Backdrops -Arch to pikes -Standing flops(<b>work on pushing knees out and hips up</b>)</p> <hr/> <p><b>Core x3 2mins in between each set</b> -30 sec v-ups -30 sec flutter kick -30 sec russian twist -30 sec in &amp; outs -1 min plank</p> <hr/> <p><b>Shin protocol/ stretch</b></p>	<p><b>Monday Dec 22nd</b> <b>SSA warm-up</b></p> <p><b>Circle drills ( done in a 16ft circle)</b> Rocking chair skips x 3 both ways 1,2's x 3 on both ways</p> <p>8 OR 10 step rhythm drills w/ pop up in a straight line x 4</p> <hr/> <p><b>Short sprint workout</b></p> <hr/> <p><b>Core x3 2 mins between each set</b> -1 min plank -30 sec leg raises -30 sec toes touches -30 sec bicycles -30 sec in-outs</p> <hr/> <p><b>Shin protocol/ stretch</b></p>
<p><b>Wednesday Dec 24th</b> (this can be done at your home)</p> <p><b>SSA warm-up</b></p> <p><b>Flop series ( these can be done on your bed)</b> -Backdrops x 5 -Arch to pikes x 5 -Standing flops x5 (<b>work on pushing knees out and hips up</b>)</p> <hr/> <p><b>Core x3 2mins in between each set</b> -30 sec v-ups -30 sec flutter kick -30 sec russian twist -30 sec in &amp; outs -1 min plank</p> <hr/> <p><b>Shin protocol/ stretch</b></p>	<p><b>Friday Dec 26th</b></p> <p><b>SSA warm-up</b></p> <p><b>Circle drills ( done in a 16ft circle) (emphasize lean and running form!!)</b> -Rocking chair skips x 3 both ways -1,2's x 3 on both ways</p> <p>-8 OR 10 step rhythm drills w/ pop up in a straight line x 4</p> <hr/> <p><b>Short sprints circuit</b></p> <hr/> <p><b>Core x3 2 mins between each set</b> -1 min plank -30 sec leg raises -30 sec toes touches -30 sec bicycles -30 sec in-outs</p> <hr/> <p><b>Shin protocol/ stretch</b></p>

**Monday Dec 29th**

SSA warm-up

**Circle drills ( done in a 16ft circle)**

-Rocking chair skips x 3 both ways  
-1,2's x 3 on both ways

-8 OR 10 step rhythm drills w/ pop up in a straight line x 4

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**Short Sprint work out**

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**Core x3 2 mins between each set**

-1 min plank  
-30 sec leg raises  
-30 sec toes touches  
-30 sec bicycles  
-30 sec in-outs

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**Shin protocol/ stretch**

**Wednesday Dec 31st**

**(these should be done at your home)**

SSA warm-up

**Flop series ( these can be done on your bed)**

-Backdrops  
-Arch to pikes  
-Standing flops (**work on pushing knees out and hips up**)

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**Core x3 2mins in between each set**

-30 sec v-ups  
-30 sec flutter kick  
-30 sec russian twist  
-30 sec in & outs  
-1 min plank

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**Shin protocol/ stretch**

**Friday Jan 2nd**

SSA warm-up

**Circle drills ( done in a 16ft circle)  
(emphasize lean and running form!!)**

-Rocking chair skips x 3 both ways  
-1,2's x 3 on both ways

-8 OR 10 step rhythm drills w/ pop up in a straight line x 4

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**Short sprints circuit**

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**Corex 3 2 mins between each set**

-1 min plank  
-30 sec leg raises  
-30 sec toes touches  
-30 sec bicycles  
-30 sec in-outs

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**Shin protocol/ stretch**