

Mustang

Track & Field

Summer Training Program

The 6-week program will include:

- *Weight Training*
- *Speed Training*
- *Specialized program for 400/800 races*
- *Throws Training*
- *June 14th thru July 22nd*

See back for more information

Contact Coach Hereder shereder@pusd11.net with questions or after registering to confirm registration

Sunrise Mountain Track and Field

Summer Workout Program

Philosophy

The philosophy behind the Mustang Strength & Conditioning Program is to develop a "full body" athlete by focusing on all of the physical and mental aspects of athlete development. It must be understood that every aspect of the Strength & Conditioning Program has a very specific role in developing strength, explosiveness, speed, flexibility, balance and conditioning.

Strength Training

The Strength Training portion of your summer manual is designed to develop your overall strength, flexibility, body control and explosiveness by concentrating on quick and explosive lifts. It will be important that you understand how to calculate your percentages (percentages of your maximum lifts) on the core lifts (benches, squats and cleans) in order to maximize your training. Stay committed to the complete program as the supplemental lifts (non-core) are equally important.

Speed Development

The Speed Development portion of your summer manual is critical in developing the fundamentals in effective and efficient movement. Each drill and exercise must be done at a maximum level.

Flexibility

Maintaining flexibility MUST be a constant element to an effective strength and conditioning program. When an athlete is not able to put a body joint through the proper range of motion, it can limit performance while increasing the risk of injury.

Dates: Starting June 14th 2021 thru July 23rd 2021

Mon / Wed Throws 11:45am until 12:45pm Weight room Throwers 12:45pm - 1:45pm Monday and Wednesday 11:30am-12:30pm Tuesday and Thursday

Tues / Thurs Track 10:30am until 11:30 am (all athletes) Weight room for Sprinter/Jumpers 11:30am-12:30pm Tuesday and Thursday

Cost: \$150.00 4 sessions week(Track/Throws and Weight training)

Cost: \$75.00 2 sessions week(Track or Throws practice only)

Payed to the bookstore before June 14th for Track Summer Program