

## Conner Track and Field 2019

### **Myrtle Routine – From Coach Jay Johnson**

1. Clams – 10 each side (20 total)
2. Lateral Leg Raise – 5 neutral foot, 5 toe pointed to ground, 5 toe pointed to sky (do 15 each leg)
3. Donkey Kicks – 8 each side
4. Donkey Whips – 5 each side
5. Fire Hydrant – 8 each side
6. Knee Circle Forward – 5 each side
7. Knee Circle Backward – 5 each side
8. Hurdle Trail Leg Forward – 5 each side
9. Hurdle Trail Leg Backward – 5 each side
10. Lateral Leg Swing – 10 each side
11. Linear Leg Swing – 10 each side

### **Gambetta Leg Circuit – From Coach Vern Gambetta**

1. 20 body weight squats
2. 20 split leg lunges 10 on each side (with transitional hop)
3. 10 body weight squats finishing each with a double leg jump

Rest 30 seconds between each activity group.

Goal is to develop a cadence of one exercise per second.

3 minutes rest between each set

### **Core Routine H – From Coach Jay Johnson**

1. 1 minute – Supine Elbow Stand (Bridge)
2. 1 minute – Running V-Sit
3. 1 minute – Lateral Plank Left (Left hand on ground with straight arm, right arm on hip)
4. 1 minute – Back Hyper – aka Australian Crawl (Lay on stomach, flutter kick, arms crawl)
5. 1 minute – Lateral Plank Right (Right hand on ground with straight arm, left arm on hip)
6. 1 minute – Flutter Kick V-Sit
7. 1 minute – Back Hyper (Lay on stomach, scissors legs, breast stroke arms)
8. 1 minute – Sit-up, Elbows to Opposite Knees
9. 1 minute – Indian Sit Crunches (Arms out in front, hands reaching out to feet)
10. 1 minute – Scissor, Over-Under V-Sit

### **Core Routine X – From Coach Jay Johnson**

1. 30 seconds – Running V-Sit
2. 30 seconds – Australian Crawl
3. 30 seconds – Flutter Kick V-Sit
4. 30 seconds – Side Plank Leg Lift Right (Right elbow on ground, left leg lifts at controlled pace)
5. 30 seconds – Supine Plank Leg Lift (Bridge, force pelvis to the sky, alternating leg lifts)
6. 30 seconds – Side Plank Leg Lift Left (Left elbow on ground, right leg lifts at controlled pace)
7. 30 seconds – Superman (Hold at top for 1.5 seconds)
8. 30 seconds – Push-Up to Side Plank (Alternate plank sides each push-up)
9. 30 seconds – Scissor, Over-Under V-Sit
10. 30 seconds – Rockies, Sets of 3 (Clapping push-ups, 3 sets of 3)