

# Track offseason workout

Since our season was unexpectedly cut short we thought we would provide you with some workouts that you can do in order to stay in shape. You should do each of these workouts 3 times a week. You do not have to do them in the order they are listed but you should do all of the exercises listed. The Strength portion of the workout is designed to be done without weights, but if you have weights that you include you are encouraged to do so. For the agility part of the workout you will need to find an open area preferably outside that is about 10 feet.

## Week 1

Strength	Agilities
Standard Pushup - 3x15 Wide Pushup - 3x15 hands out wide Military Pushup - 3x15 hands under shoulder Tricep Dip - 3x15 use a chair or couch Arm Circles - 40 seconds in both directions Sit Ups - 3x15 Crunches - 3x15 Burpees - 3x20 Standing Squat - 3x25 Single leg Lunge - 3x15 do both legs Calf raise - 3x15 Wall sit - 45 seconds	All runners: Run in place - 45 seconds Back pedal - 3x8 Shuffle - 3x8 3 point stance to a sprint - 3x10 Mountain climbers - 3x10 Broad Jump - 3x10 jump as far as you can Step Up - 40 seconds Pro agility - 3x6 (3 lines evenly apart, start on the middle sprint in one direction to the next line then change direction to the opposite line then sprint back through the middle line)  Distant runners- Run for 8 minutes and walk a 5 minute cool down.

## Week 2

Strength	Agilities
Standard Pushup - 3x20 Staggered Push Up - 3x15 both ways Tricep Dip - 3x20 Arm Circles - 45 seconds in both directions Sit Ups - 3x20 Crunches - 3x20 Superman - 40 seconds Standing Squat - 3x30 Single leg Lunge - 3x20 do both legs Calf raise - 3x20 Wall sit - 50 seconds	Run in place - 45 seconds Back pedal - 3x10 Shuffle - 3x10 3 point stance to a sprint - 3x12 Mountain climbers - 3x12 Broad Jump - 3x12 Step Up - 45 seconds Pro agility - 3x8  Distance runners- Run for 10 minutes and walk a 6 minute cool down.

### Week 3

Strength	Agilities
Standard Pushup - 3x20 Wide Pushup - 3x20 Military Pushup - 3x20 Tricep Dip - 3x20 Arm Circles - 45 seconds in both directions Sit Ups - 3x25 Crunches - 3x25 Burpees - 3x25 Standing Squat - 3x30 Single leg Lunge - 3x20 do both legs Calf raise - 3x25 Wall sit - 50 seconds	Run in place - 50 seconds Back pedal - 3x12 Shuffle - 3x12 3 point stance to a sprint - 3x14 Mountain climbers - 3x14 Broad Jump - 3x14 Step Up - 50 seconds Pro agility - 3x10  Distance runners- Run for 15 minutes and walk a 6 minute cool down.

### Week 4

Strength	Agilities
Standard Pushup - 3x25 Staggered Push Up - 3x20 both ways Tricep Dip - 3x25 Arm Circles - 50 seconds in both directions Sit Ups - 3x30 Crunches - 3x30 Superman - 50 seconds Standing Squat - 3x35 Single leg Lunge - 3x25 do both legs Calf raise - 3x30 Wall sit - 55 seconds	Run in place - 55 seconds Back pedal - 3x14 Shuffle - 3x14 3 point stance to a sprint - 3x16 Mountain climbers - 3x16 Broad Jump - 3x16 Step Up - 55 seconds Pro agility - 3x12  Distance runners- Run for 20 minutes and walk a 6 minute cool down.

### Week 5

Strength	Agilities
Standard Pushup - 3x30 Wide Pushup - 3x25 Military Pushup - 3x25 Tricep Dip - 3x25 Arm Circles - 50 seconds in both directions Sit Ups - 3x30 Crunches - 3x30 Burpees - 3x30 Standing Squat - 3x35 Single leg Lunge - 3x25 do both legs Calf raise - 3x25	Run in place - 55 seconds Back pedal - 3x16 Shuffle - 3x16 3 point stance to a sprint - 3x16 Mountain climbers - 3x16 Broad Jump - 3x16 Step Up - 55 seconds Pro agility - 3x14  Distance runners- Run for 20 minutes and walk a 6 minute cool down.

Wall sit - 50 seconds	
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