

## Vaulters and general Micro #1 ( typical 4 weeks)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Weights: Jog one lap 4 x 6 combos 3 x 10 squats 3 x 10 bent over rows 3 x 30 dips 3 x 10 high pulls</p> <p>sprint mechanics</p> <p>Afternoon: 8 x 200 w/3 min between at 80% effort</p>	<p>1 mile warm up</p> <p>Sprint Mech.</p> <p>Plyos: 6 x 40m swim bounds 4 x 20m single leg bounds 4 x 40m sprint bounds 4 x 40m lunge walks</p> <p>vaulter: High bar: 7 x bubkas 7 x pull overs 7 x leg raises Chin up burn outs</p>	<p>1 mile warm up</p> <p>sprint mechanics</p> <p>Afternoon: Sprint mechanic 4 x 150s @ 100%</p>	<p>1.5 mile warm up</p> <p>3 x yellow jacket circuits @ 100 m</p> <p>Weights: Jog one lap 4 x 6 combos 3 x 10 squats 3 x 10 bent over rows 3 x 30 dips 3 x 10 high pulls</p>	<p>1 mile warm up</p> <p>Sprint mech</p> <p>4 x 400@ 80% w 3 min between</p> <p>Plyos: 6 x 40m swim bounds 4 x 20m single leg bounds 4 x 40m sprint bounds 4 x 40m lunge walks</p> <p>vaulter: High bar: 7 x bubkas 7 x pull overs 7 x leg raises Chin up burn outs</p>

### Yellow Jacket:

Killer situp ( sets of 30) – bent knee, crunch , side, single leg, pikes, whippers

10 x pushups

10 X prisoner squats

10 x scorpions

10 x iron crosses

10 x rocket jumps

10 x burpees