North West Athletics

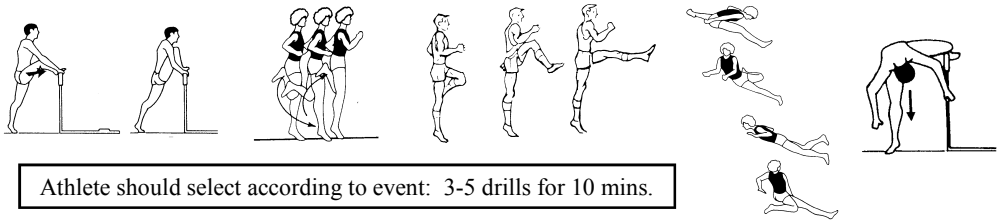
# Power Circuit Ideas 1

**Warm-Up:** Jog &/or Swim / Stretch / Drills

Ideal if session completed at poolside; swimming activities become an option for between activities .. otherwise select from stretches shown and/or event specific stretches. Separate sheets available on stretching,

**Between each activity complete 1-2 stretches or a simple pool activity**.

## 1. Drills & Stretches: this is an extension of the warm-up process, but more specific: examples only



Athlete should select according to event: 3-5 drills for 10 mins.

## 2a. Acceleration Ladder

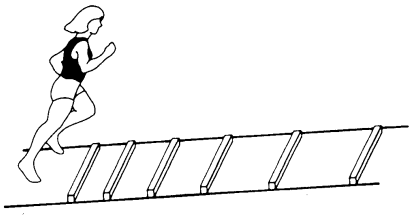
***Stride Length*** increases at a regular rate over the first 6-10+ strides. The **"Acceleration Ladder"** or **"Stick Drill"** attempts to establish an acceleration rhythm with consistent stride length increases, and, progressive reduction in "ground time".

The **aims** are:
1. rapid leg speed,
2. minimal ground contact time, and
3. regular stride length progression.

4-6 runs; complete recoveries (2-3 mins.);

.. sprint off final stick to 10 or 15m.

Be sure to have 2-3 task familiarization run before maximum, timed efforts .. 3 pt. starts .. alternating lead leg may be appropriate for some sports.



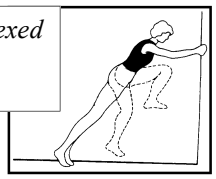
50/15: .50m - 1.15m - 1.95m - 2.90m - 4.00m - 5.25m
40/10: .40m - .90m - 1.50m - 2.20m - 3.00m - 3.90m

**OR**

## 2b. 3 & 5 Step Wall Sprint

2-4 x 3-Step
2-4 x 5-Step
1-2 Minute recovery between Wall Sprints

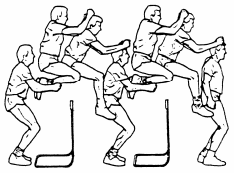
*High Knees; Toes Dorsiflexed*
*Decisive Knee Drive*
*Keep your head up*



## 3a. Hurdle Bounds .. (50cm ► 84cm; or, height variations)

Example:
- 2 x 5H (Pre-Jump) .. lowest height to be attempted; to establish rhythm and confidence.
- 4 x 5H (Explosive) .. maximum or successive height.
- 1 x 5H (Pre-Jump) .. variable heights.
- 2 x 5H (Explosive) .. variable heights.
- 1 x 5H (Pre-Jump) .. variable heights.

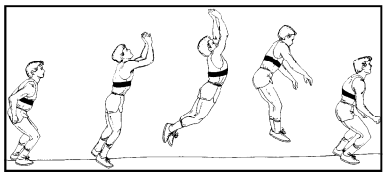
Laterals can be gradually introduced



**Note!** 50-60 contacts max.

**OR**

## 3b. Double Leg Bounds .. *stick the landing*



Coach commands: 5-6 bounds from bent knee position; explode seeking height, with a double arm swing .. ***stick-the-landing***. Wait for next coach command.
Focus on: Power — explode high — control (stable landing, knees bent).

4 - 6 x 5 sets of double leg bounds .. *stick-the-landing*

## 4. Drills .. Athlete should select according to event: 3-5 drills for 10 mins.

**Warm Down:** Jog / Stretches … 10-15 mins.

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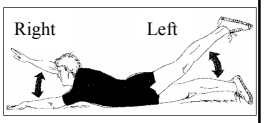
J 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