

## Medford Area Middle School: *Track and Field*

### Pole-Vaulter Workout

#### Comprehensive Schedule (includes practices and 'at-home' workouts)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friday: April 12, 2013</b> 8 <sup>th</sup> Grade: Practice 6 <sup>th</sup> /7 <sup>th</sup> Grade: Off  <b>At-Home Workout (for those kids that don't have practice):</b> Accelerators: 6 X 50 ( <i>See below for descriptions</i> ) Muscle Work: <b>Pick 3</b> of the 5 exercises; <b>rest 2 minutes</b> between each.				
4/15/2013	4/16/2013	4/17/2013	4/18/2013	4/19/2013
6 <sup>th</sup> Grade: Practice 7 <sup>th</sup> /8 <sup>th</sup> Grade: Off  <b>At-Home Workout (for those kids that don't have practice):</b> 1 Mile Run (75%) Muscle Work: Choose 3	7 <sup>th</sup> /8 <sup>th</sup> Grade: Practice 6 <sup>th</sup> Grade: Off  <b>At-Home Workout (for those kids that don't have practice):</b> Accelerators: 6 X 30 Muscle Work: Choose 3	<b>NO PRACTICE</b>	7 <sup>th</sup> /8 <sup>th</sup> Grade: Practice 6 <sup>th</sup> Grade: Off  <b>At-Home Workout (for those kids that don't have practice):</b> Accelerators: 8 X 30 Muscle Work: Choose 3	<b>Picture Day!</b> (Practice will only last until 4:15 pm, until pictures are finished – no workout)  <b>At-Home Workout (for those kids that don't have practice):</b> 1 Mile Run (75%) Muscle Work: Choose 3
4/22/2013	4/23/2013	4/24/2013	4/25/2013	4/26/2013
<b>**We're hoping to be on the track this week, but I'll have further workouts to work on Pole-vaulting skills when we're off the track if need be.**</b>				

#### Notes:

**IMPORTANT:** In order to reduce risk of injury, you should be stretching before AND after EVERY workout. A warm-up (5 minute jog) and a cool-down (5 minute jog) is good to do also.

**Weekend Workouts:** You should be completing some sort of cardio workout on the weekends, in order to stay in shape and to keep up with the workouts throughout the coming weeks. Examples could include distance runs (1-2 miles), biking, or any other form of cardio that gets you up and moving **for at least 15-20 minutes**.

\*\*\*Remember: you have those sprinter/distance workout schedules available online at Mrs. Stibbe's website. Contact any coach for questions/concerns as well!\*\*\*

**Accelerators:** Practicing accelerators will really help you increase your speed so that you can be successful in your approaches to the vault during competition. Accelerators are basically sprints; **however, in an accelerator you begin your sprint at about 50% effort, and steadily increase your speed until you are at a full-out sprint (100%) at the end.** You'll do this for a length of about 50 yards, and you'll repeat the exercise 6 times (i.e. 6 X 50)

**Muscle Workouts:** try to work with different ones each day (you only have to pick 3 out of the 5!)

- **(1) Planks (high and low):**
  - Low Planks: Get into a push-up position, but rest your body on your elbows. Hold position for 30 seconds.
  - High Planks: Get into a push-up position and hold that position for 30 seconds.
- **(2) Swaggers:** Lie on your back and lift your feet so that that are straight up in the air and they are together. Your body should make a right angle. Then, slowly bring your feet down to your left side until they touch the floor. Lift your feet up to the starting position and then repeat on the right side. That's one repetition (rep). **Do 5 reps.**
- **(3) Leg Lifts:** Lie flat on the floor with your arms at your sides. Together, lift your feet up so that your body makes a right angle. Return to the starting position. That's one repetition. **Do 10 reps.**
- **(4) Push-ups: Do 10 reps.**
- **(5) Power Walks:** Start standing up. Slowly reach to the floor with your hands. When you are touching the floor, walk slowly out to a push-up position and hold for 5 seconds (just like a plank). Then, walk yourself back up to the starting position. That's one repetition. **Do 5 reps.**