



EHSTF Preseason Workout #1

Pre-Season Workouts

Warmup

- 3 min easy run
- 30 meter running/skipping drills - continuous down & back
 - Jog double rotation forward and backwards
 - Jog windmilling arms forward and backwards
 - Relaxed skip
 - Skipping A
 - Skipping A backwards
 - Skip for height
 - Skip for distance
 - Carioca Left & Right
 - Jogging A with hands held above head - tall posture
 - Jogging A with hands held out in front

• Dynamic Flexibility

- Eagles- Lay on back & bring opposite toe to palm
- Leg swings - front to back and side to side

Cooldown Activities

Circuit # 1

3-4 X 30m backward runs with high heel recovery

10-12 Body weight squats, 10-12 lunge steps, 10-12 body weight squats, 10-12 lunge steps

100 - 150 core reps of choice - do in sets of 10 to 20

Run Workout – Extensive Tempo @ 70-75% on 1) turf, 2) grass, 3) track or 4) sidewalk

- 6-8 x 60m @ 70-75% with walk recovery back



EHSTF Preseason Workout #2

Pre-Season Workouts

Warmup

- 3 min easy run
- 30 meter running/skipping drills - continuous down & back
 - Jog double rotation forward and backwards
 - Jog windmilling arms forward and backwards
 - Relaxed skip
 - Skipping A
 - Skipping A backwards
 - Skip for height
 - Skip for distance
 - Carioca Left & Right
 - Jogging A with hands held above head - tall posture
 - Jogging A with hands held out in front
- Dynamic Flexibility
 - Eagles- Lay on back & bring opposite toe to palm
 - Leg swings - front to back and side to side

Cooldown Activities

Circuit #2

3-4 X 30m backward runs with high heel recovery

- Push Ups x 10-15
- Prone Elbow Stand-single leg raise L&R x 8-12
- Supine Elbow Stand-single leg raise L&R x 8-12
- Lateral Elbow Stand-single leg raise L&R x 8-12
- Prone Hand Stand-single leg raise L&R x 8-12
- Supine Hand Stand-single leg raise L&R x 8-12
- Fire Hydrants L&R x 8-12
- Flexed Leg Donkey Kick x 8-12
- Pushups x 10-15

Run Workout – Extensive Tempo @ 70-75% on 1) turf, 2) grass, 3) track or 4) sidewalk

- 6-8 x 80m @ 70-75% with walk recovery back



EHSTF Preseason Workout #3

Pre-Season Workouts

Warmup

- 3 min easy run
- 30 meter running/skipping drills - continuous down & back
 - Jog double rotation forward and backwards
 - Jog windmilling arms forward and backwards
 - Relaxed skip
 - Skipping A
 - Skipping A backwards
 - Skip for height
 - Skip for distance
 - Carioca Left & Right
 - Jogging A with hands held above head - tall posture
 - Jogging A with hands held out in front
- Dynamic Flexibility
 - Eagles- Lay on back & bring opposite toe to palm
 - Leg swings - front to back and side to side

Cooldown Activities

Circuit # 1

3-4 X 30m backward runs with high heel recovery

10-12 Body weight squats, 10-12 lunge steps, 10-12 body weight squats, 10-12 lunge steps

100 - 150 core reps of choice - do in sets of 10 to 20

Run Workout – Extensive Tempo @ 70-75% on 1) turf, 2) grass, 3) track or 4) sidewalk

- 5-6 x 100m @ 70-75% with walk recovery back



EHSTF Preseason Workout #4

Pre-Season Workouts

Warmup

- 3 min easy run
- 30 meter running/skipping drills - continuous down & back
 - Jog double rotation forward and backwards
 - Jog windmilling arms forward and backwards
 - Relaxed skip
 - Skipping A
 - Skipping A backwards
 - Skip for height
 - Skip for distance
 - Carioca Left & Right
 - Jogging A with hands held above head - tall posture
 - Jogging A with hands held out in front
- Dynamic Flexibility
 - Eagles- Lay on back & bring opposite toe to palm
 - Leg swings - front to back and side to side

Cooldown Activities

Circuit #2

3-4 X 30m backward runs with high heel recovery

- Push Ups x 10-15
- Prone Elbow Stand-single leg raise L&R x 8-12
- Supine Elbow Stand-single leg raise L&R x 8-12
- Lateral Elbow Stand-single leg raise L&R x 8-12
- Prone Hand Stand-single leg raise L&R x 8-12
- Supine Hand Stand-single leg raise L&R x 8-12
- Fire Hydrants L&R x 8-12
- Flexed Leg Donkey Kick x 8-12
- Pushups x 10-15

Run Workout – Extensive Tempo @ 70-75% on 1) turf, 2) grass, 3) track or 4) sidewalk

- "On the Minute Runs" – start a rep every minute. 2-3 sets x 60/80/100/60 with 3-5 mins between sets.



EHSTF Preseason Workout #5

Pre-Season Workouts

Warmup

- 3 min easy run
- 30 meter running/skipping drills - continuous down & back
 - Jog double rotation forward and backwards
 - Jog windmilling arms forward and backwards
 - Relaxed skip
 - Skipping A
 - Skipping A backwards
 - Skip for height
 - Skip for distance
 - Carioca Left & Right
 - Jogging A with hands held above head - tall posture
 - Jogging A with hands held out in front
- Dynamic Flexibility
 - Eagles- Lay on back & bring opposite toe to palm
 - Leg swings - front to back and side to side

Cooldown Activities

Circuit # 1

3-4 X 30m backward runs with high heel recovery
10-12 Body weight squats, 10-12 lunge steps, 10-12 body weight squats, 10-12 lunge steps
100 - 150 core reps of choice - do in sets of 10 to 20

Run Workout – Extensive Tempo @ 70-75% on 1) turf, 2) grass, 3) track or 4) sidewalk

- 6-8 x 50-80m uphill runs. Walk recover back. Repeat when you're ready