

Week 1 (1/13-1/19)

Sunday (Day 1) 1/13/19	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - Plyometrics: Bound Series (2x20 meters) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each leg) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: Push-Up Series (5-10 each exercise) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 5x10m; rest = 1 min in between - 4x30m; rest = 2 min in between - 3x40m; rest = 3 min in between - 4-6x100m grass strides (barefoot); rest = walk back 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 6x150m/ walk 50m - easy form run (start at top of the curve and finish at finish line) **focus on keeping knees up, front side, arms going up and back, striking the ground underneath the hips with the ball of the foot** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 6-8 x 90 meter dribbles on grass- 30m dribble over ankle, 30m dribble over calf, 30m dribble over knee **focus on high frequency in place and not how fast you can get to the finish** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - Hills: 6x150m or 30 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**
<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4x10m; rest = 1 min in between - 2x30m; rest = 2 min in between - 2x40m; rest = 3 min in between - 1-2x2x200m; rest = 3min/5min (at 40-43 second pace) 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4x400 sprint the curves, jog the straights **focus on keeping knees up, front side, arms going up and back, striking the ground underneath the hips with the ball of the foot** 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 3x90 meter dribbles on grass- 30m dribble over ankle, 30m dribble over calf, 30m dribble over knee **focus on high frequency in place and not how fast you can get to the finish** - 2x250 @ 90%; rest = 8 min in between 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - Hills: 6x200m or 45 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 45 sec or try and hit the same time if you are running 200m**
<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 4x600 at mile pace; rest = walk/jog back to starting line 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Go on a 30 minute tempo run **run at a pace you can keep the hold time** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Hills: 5-6x 300m or 1 minute @ 85%; rest = walk down recovery **try and hit the same landmark each time if you are running for 1 min or try and hit the same time if you are running 300m** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Fartlek Run- 21 min (2 minutes easy, 1 min fast) **you'll run 7 times fast**
	<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout 		<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump day; and If you do multiple field events or hurdles pick one to practice the one you didnt do and then do the 100-200m workout
<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance - Core circuit 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance #2

Week 2 (1/20-1/26)

Sunday (Day 1) 1/20/19	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: Glute Circuit (10 each exercise) - General Strength: Push-Up Series (5-10 each exercise) - Exchange Exercise **working on posture, balance, and foot strike** 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: Hip Flexor Circuit (10 each leg) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strenght: Push-Up Series (5-10 each exercise) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 8x100m; rest = 1min 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 400 meters "the hard way" **start at staring line run 100 meters at 85% effort, and then walk back 50 meters and repeat untill you complete the 400** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 6-8 x 90 meter dribbles on grass- 30m dribble over ankle, 30m dribble over calf, 30m dribble over knee **focus on high frequency in place and not how fast you can get to the finish** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - Hills: 4-6x150m or 30 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 30 sec or try and hit the same time if you are running 150m**
<p>200-400 Runners</p> <ul style="list-style-type: none"> - 10x100m; rest = 1min 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 4x400 sprint the curves, jog the straights **focus on keeping knees up, front side, arms going up and back, striking the ground underneath the hips with the ball of the foot** 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 3x40m; rest = 3 min in between - 3x300; rest = 8 min in between 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - Hills: 4-6x200m or 45 sec @ 90%; rest = walk down recovery **try and hit the same landmark each time if you are running for 45 sec or try and hit the same time if you are running 200m**
<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 12x100m; rest = 1min 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Go on a 30 minute tempo run **run at a pace you can keep the hold time, and see if you can run at a pace a little faster than last week** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Hills: 5-6x 300m or 1 minute @ 85%; rest = walk down recovery **try and hit the same landmark each time if you are running for 1 min or try and hit the same time if you are running 300m** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Fartlek Run- 21 min (2 minutes easy, 1 min fast) **you'll run 7 times fast**
	<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Plyometrics: Bound Series- 1x20 meters each exercise (on grass) - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout 		<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout
<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core circuit 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 25 of each 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance #1

Week 3 (1/27-2/2)

Sunday (Day 1) 1/27/19	Day 2	Day 3	Day 4
<p><u>Everyone (sprinters bring blocks if you have them)</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up (no build-ups) - General Strength: Hipflexor Circuit - Plyometrics: Bound Series (2x20 meters into 10 meter sprint) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each leg) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise) 	<p><u>Everyone</u></p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - Block Tech - 3x40m; rest = 3 min in between - 3x150m; rest = 8 min in between 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 400 meters "the hard way" **start at starting line run 100 meters at 90% effort, and then walk back 50 meters and repeat until you complete the 400** 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - Block Tech - 5x10m; rest = 1 min in between - 4x30m; rest = 2 min in between - 3x40m; rest = 3 min in between - 4-6x100m grass strides (barefoot); rest = walk back 	<p><u>100-200/Hurdlers/Jumpers</u></p> <ul style="list-style-type: none"> - 6-8 x 90 meter dribbles on grass- 30m dribble over ankle, 30m dribble over calf, 30m dribble over knee **focus on high frequency in place and not how fast you can get to the finish**
<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - Block Tech - 3x40m; rest = 3 min in between - 3x300; rest = 8 min in between 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 4x400 sprint the straights, jog the curves **focus on keeping knees up, front side, arms going up and back, striking the ground underneath the hips with the ball of the foot** 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - Block Tech on 200m start line - 4x10m; rest = 1 min in between - 2x30m; rest = 2 min in between - 2x40m; rest = 3 min in between - 4x200m; rest = 5min at 85% 	<p><u>200-400 Runners</u></p> <ul style="list-style-type: none"> - 6-8 x 90 meter dribbles on grass- 30m dribble over ankle, 30m dribble over calf, 30m dribble over knee **focus on high frequency in place and not how fast you can get to the finish**
<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 2x1 mile at 85%; rest = 8 mins in between -3x50m sprint; rest = 3 minutes in between 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 3 mile tempo run **try and run each mile faster or the same as the last mile, even if you have to start out slow** 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - 12x100m; rest = 1min 	<p><u>400, 800, 1500 Runners</u></p> <ul style="list-style-type: none"> - Fartlek Run- 21 min (2 minutes easy, 1 min fast) **you'll run 7 times fast**
	<p><u>Jumpers/ Multis</u></p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout 		<p><u>Jumpers/ Multis</u></p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout
<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch -Balance - Core circuit 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 30 of each 	<p><u>Everyone- (cool down)</u></p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance #2

Week 4 (2/3-2/9) Recovery Week

Sunday (Day 1) 2/3/19	Day 2	Day 3	Day 4
<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise) - General Strength: Push-Up Series (5-10 each exercise) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Hip Flexor Circuit (10 each leg) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Push-Up Series (5-10 each exercise) 	<p>Everyone</p> <ul style="list-style-type: none"> - Two laps - Dynamic warm-up - General Strength: Glute Circuit (10 each exercise)
<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - Hills: 6x150m; rest = walk back 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 8x100 meter form runs on grass Recovery = walk back to start 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - 6x60 starts on straight or curve (block start or standing start) Rest = 3-5 minutes in between **focus on acceleration phase, transition phase, and being up tall** 	<p>100-200/Hurdlers/Jumpers</p> <ul style="list-style-type: none"> - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
<p>200-400 Runners</p> <ul style="list-style-type: none"> - 6x200m; rest = walk back 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 8x100 meter form runs on grass Recovery = walk back to start 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - 6x60 starts on curve (block start or standing start) Rest = 3-5 minutes inbetween **200/400 meter race practice starts** Accelerate for 40 meters and then stay in the curve** 	<p>200-400 Runners</p> <ul style="list-style-type: none"> - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 6x250m; rest = walk back 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - Go on a 30 minute easy run 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - 8x200; rest = walk 200 at faster than mile pace **run consistant times** 	<p>400, 800, 1500 Runners</p> <ul style="list-style-type: none"> - cross train; go on a hike, or bike ride, or swim, or a easy 20 min jog on grass
	<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Plyometrics: Bound Series- 1x20 meters each exercise(on grass) - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout 		<p>Jumpers/ Multis</p> <ul style="list-style-type: none"> - Jump day; If you do multiple field events or hurdles pick one to practice and then do the 100-200m workout
<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Hurdle Mobility - Core circuit 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - General Strength: Plank Circuit- 10 each leg 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Core- pick 6 exercises and do 20 of each 	<p>Everyone- (cool down)</p> <ul style="list-style-type: none"> - Walk 1 lap - Stretch - Balance #1