

COUGAR TRACK & FIELD

2017 speed WINTER CONDITIONING

MONDAY through FRIDAY winter conditioning sessions meet at the track at 3:20pm!

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP

Used for competition & high or medium intensity training sessions

• 600m BAREFOOT run on turf

10 x Forward Trail Leg on fence
10 x Backward Trail Leg on fence

• 600m BAREFOOT run on turf

2 x 20m walking pillar dip
2 x 20m walking knee to chest
2 x 20m walking linear leg swing

• 600m BAREFOOT run on turf

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 600m BAREFOOT run on turf

4 x 50m ladder accelerate (on the hash-marks)

PERFORMANCE COOL-DWN

4 x Stadium Lunges
10 x Dbl Leg Jump Up
10 x Forward Step Up/Knee Drive

• 600m BAREFOOT run on turf

6 minute Abs, Back circuit (60 seconds per activity)

• 600m BAREFOOT run on turf

Stretch circuit

FITNESS WARM-UP

Used for medium or easy (recovery) intensity training sessions

• 800m easy run

A: CIRCUIT

9 x 50m jog / strength circuit:

-side leg raises, toe twists
-opposite arm/leg raises, on chest
-resistance half squat circles (push knees out)
-scoops
-hands & knees scorpions
-hurdle position leg lifts
-low reach crunch
-hands & knees hydrants
-resistance half squat circles (push knees in)

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-360 jog x 2
-crossover forward jog x 1
-wide step forward jog x 1

B: CIRCUIT

9 x 50m jog / strength circuit:

-hip/trunk rotations, on back, shldr flat
-pistons, "h" position to full extension
-side clams (legs)
-crunches
-hands & knees bird dogs
-thrusts
-chest lifts
-lateral leg lifts (inverted/neutral/out)
-standing "h"

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-lateral skip x 2
-lateral saddle swings x 2

FITNESS COOL-DOWN

2 x 20-30m barefoot drills:

-crazy feet (toes up/out, toes up/in, heels up/out, heels up/in)

6 minute plank drill:

-continues rotation: front plank/side plank/back plank/pushups

Stretch circuit

TRACK STRENGTH CIRCUIT

Use equipment in track shed.

2-3 circuits, 8 reps. MAX weight!:

1. -8 x push up row (dumbbells or kettle bells)
2. -2 x 10m lunge walk w/ weight (dumbbells)
3. -20 x side pulls
4. -8 x kettle bell swing to row
5. -8 x single arm bent fly (dumbbell on bench)
6. -12 x hip matrix (resistance band)
7. -60 second running arms (dumbbells)
8. -12 x single leg squat taps (on 6" box)
9. -8 x front & side arm raises (dumbbells)

WEIGHT ROOM CIRCUIT

Use weight room from 4:30-5:00pm.

2-3 circuits, 8 reps. MAX weight!:

1. -8 x back extensions
2. -8 x arm curls
3. -8 x seated rows
4. -8 x lat pulls
5. -8 x military press
6. -8 x triceps pushdowns
7. -8 x upright rows
8. -8 x bench press
9. -8 x full squat

STRETCH CIRCUIT

- Triceps (elbow behind head)
- Shoulder (pull arm in front)
- Oblique/IT band (standing leg crossover, side reach over head)
- Hamstring (standing crossover reach)
- Quad (standing, pull ankle behind glute)
- Upper calf (standing, straight leg)
- Lower calf (standing, bent leg)
- Groin/quad (forward lunge, ankle to glute)
- Groin/hamstring (lateral lunge)
- Quad (hip thrust, knee down)
- IT band (lunge/shin to ground)
- IT band/Glute (ankle on knee, sag hips)
- Hamstring (sit modified hurdle)
- Groin (butterfly sit)
- Hips/back (corkscrew sit)
- Glute/hip (corkscrew sit/ knee to chest)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
DECEMBER 11	12 •Performance Warm up. •Run 1600m ins/outs min. =jog turns, accelerate on straightaway! •2 x 250m @ 400m pace w/ 5 min. walk 500m recovery after each =pretty much all-out effort. Brisk walk on recovery! •2 x 200m @ 1600m pace w/ 30 sec standing rest after each. =brisk pace!! •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each. •Run EASY 5 min. •Performance cool down.	13 •Fitness warm-up A. •Run 1600m ins/outs min. •5-7 x 200m @ 600m pace w/ 3 min standing rest after each =slightly less than all-out effort. •HILL REPETITIONS: 3-4 x 150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	14 •Performance Warm up. •Run 1600m ins/outs min. •1-2 x 600m @ 800m pace w/ 12 min. walk 800m recovery after each =still fast pace, but in control. •3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each =brisk pace! •2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Performance cool down.	15 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 300m @ 400m pace w/ 12 min. walk 850m recovery after each =just about all-out effort. Brisk walk on recovery! •2-3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each =just about all-out effort. Brisk walk on recovery! •Run EASY 5 min. •GSM Routine. •Weight circuit.	16 •Fitness warm-up A. •Run EASY 5 min. •12-18 x 100m @ 1600m pace every 60 sec. on turf =brisk pace! •Run EASY 5 min. •Agility Circuit. •Fitness cool down. •Stretch.	17 •Run EASY 10 min. •4 x 150m @ 800m pace on field w/ equal distance jog btwn each =still fast pace, but in control. •Run EASY 5 min.
DECEMBER 18	19 •Performance Warm up. •Run 1600m ins/outs min. •2-3 x 250m @ 400m pace w/ 5 min. walk 500m recovery after each •2 x 200m @ 1600m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	20 •Fitness warm-up A. •Run 1600m ins/outs min. •8-14 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	21 •Performance Warm up. •Run 1600m ins/outs min. •1-2 x 500m @ 800m pace w/ 12 min. walk 700m recovery after each. •2 x 200m @ 800m pace w/ 30 sec standing rest after each. •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	22 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 350m @ 400m pace w/ 12 min. walk 850m recovery after each •2-3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •GSM Routine. •Weight circuit.	23 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down. •Stretch.	24 EGGNOG MILE & ULTIMATE DEATH MATCH!
DECEMBER 25	26 •Performance Warm up. •Run 1600m ins/outs min. •3 x 250m @ 400m pace w/ 5 min. walk 500m recovery after each •2 x 200m @ 1600m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	27 •Fitness warm-up A. •Run 1600m ins/outs min. •5-7 x 200m @ 600m pace w/ 3 min standing rest after each •HILL REPETITIONS: 4-5 x 150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	28 •Performance Warm up. •Run 1600m ins/outs min. •2 x 600m @ 800m pace w/ 12 min. walk 800m recovery after each. •3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each •2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. •Run EASY 5 min. •Performance cool down.	29 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 350m @ 400m pace w/ 12 min. walk 850m recovery after each •3-4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •GSM Routine. •Weight circuit.	30 •Fitness warm-up A. •Run EASY 5 min. •14-20 x 120m turf diagonal @ 1600m pace w/ walk across end zone recovery btwn each •Run EASY 5 min. •Agility Circuit. •Fitness cool down. •Stretch.	31 •Run EASY 10 min. •4 x 150m @ 800m pace on field w/ equal distance jog btwn each. •Run EASY 5 min.
JANUARY 1	2 •Performance Warm up. •Run 1600m ins/outs min. •2 x 200m @ 400m pace w/ 5 min. walk 500m recovery after each •2 x 180m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	3 •Fitness warm-up A. •Run 1600m ins/outs min. •10-16 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	4 •Performance Warm up. •Run 1600m ins/outs min. •2 x 500m @ 800m pace w/ 12 min. walk 700m recovery after each. •2 x 200m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	5 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 350m @ 400m pace w/ 12 min. walk 850m recovery after each •3-4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •GSM Routine. •Weight circuit.	6 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down. •Stretch.	7 •Run EASY 10 min. •3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. •Run EASY 5 min.
JANUARY 8	9 •Performance Warm up. •Run 1600m ins/outs min. •2-3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each •2 x 180m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	10 •Fitness warm-up A. •Run 1600m ins/outs min. •6-8 x 200m @ 600m pace w/ 3 min standing rest after each •HILL REPETITIONS: 4-6 x 150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	11 •Performance Warm up. •Run 1600m ins/outs min. •2 x 600m @ 800m pace w/ 12 min. walk 800m recovery after each. •3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each •2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. •Run EASY 5 min. •Performance cool down.	12 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 350m @ 400m pace w/ 12 min. walk 850m recovery after each •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each •Run EASY 5 min. •GSM Routine. •Weight circuit.	13 •Fitness warm-up A. •Run EASY 5 min. •2 x 7-9 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. 4 min. 400m walking recovery btwn sets •Run EASY 5 min. •Agility Circuit. •Fitness cool down. •Stretch.	14 •Run EASY 10 min. •4 x 150m @ 800m pace on field w/ equal distance jog btwn each. •Run EASY 5 min.
JANUARY 15	16 •Performance Warm up. •Run 1600m ins/outs min. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each •2 x 180m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	17 •Fitness warm-up A. •Run 1600m ins/outs min. •12-18 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	18 •Performance Warm up. •Run 1600m ins/outs min. •2 x 500m @ 800m pace w/ 12 min. walk 700m recovery after each. •2 x 200m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	19 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 350m @ 400m pace w/ 12 min. walk 850m recovery after each •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •GSM Routine. •Weight circuit.	20 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down. •Stretch.	21 •Run EASY 10 min. •3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. •Run EASY 5 min.
JANUARY 22	23 •Performance Warm up. •Run 1600m ins/outs min. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each •2 x 200m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	24 •Fitness warm-up A. •Run 1600m ins/outs min. •6-8 x 200m @ 600m pace w/ 3 min standing rest after each •HILL REPETITIONS: 4-6 x 150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	25 •Performance Warm up. •Run 1600m ins/outs min. •2 x 600m @ 800m pace w/ 12 min. walk 800m recovery after each. •3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each •2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. •Run EASY 5 min. •Performance cool down.	26 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 350m @ 400m pace w/ 12 min. walk 850m recovery after each •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each •Run EASY 5 min. •GSM Routine. •Weight circuit.	27 •Fitness warm-up A. •Run EASY 5 min. •2 x 8-10 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. 4 min. 400m walking recovery btwn sets •Run EASY 5 min. •Agility Circuit. •Fitness cool down. •Stretch.	28 •Run EASY 10 min. •3 x 200m @ 800m pace on field w/ equal distance jog btwn each. •Run EASY 5 min.
JANUARY 29	30 •Performance Warm up. •Run 1600m ins/outs min. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each •2 x 200m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	31 •Fitness warm-up A. •Run 1600m ins/outs min. •12-18 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. •Run EASY 5 min. •GSM Routine. •Fitness cool down. •Weight circuit.	FEBRUARY 1 •Performance Warm up. •Run 1600m ins/outs min. •2 x 500m @ 800m pace w/ 12 min. walk 700m recovery after each. •2 x 200m @ 800m pace w/ 30 sec standing rest after each •4 x 40m @ 95% max effort, w/ 30 sec walk back to start btwn each •Run EASY 5 min. •Performance cool down.	2 •Fitness warm-up B. •Run 1600m ins/outs min. •1 x 350m @ 400m pace w/ 12 min. walk 850m recovery after each •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each •Run EASY 5 min. •GSM Routine. •Weight circuit.	3 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down. •Stretch.	4 •Run EASY 10 min. •3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. •Run EASY 5 min.