

# COUGAR TRACK & FIELD

## 2018 endurance 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

##### • 300m BAREFOOT run on turf

10 x forward trail leg on fence  
10 x backward trail leg on fence

##### • 300m BAREFOOT run on turf

10 x linear leg swings on fence  
10 x lateral leg swings on fence

##### • 300m 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

##### • 300m BAREFOOT run on turf

4 x 50m quick feet accelerations (use hash-marks)

#### PERFORMANCE COOL-DWN

##### • Resistance Band Circuit:

-20m lateral squat walk  
-10 x prone lateral straight leg lift  
-10 x prone hip flexor knee drive  
-10 x standing straight leg matrix

##### • 300m BAREFOOT run on turf

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

##### • 300m BAREFOOT run on turf

Stretch circuit

#### FITNESS WARM-UP

Used for medium or easy (recovery) intensity training sessions

##### • 300m BAREFOOT run on turf

##### 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

Stretch circuit

#### STRENGTH CIRCUIT A

Use equipment in track shed.

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

A1. -8 x bench press (dumbbells)  
A2. -8 x bent row (dumbbell)  
A3. -20m lunge walk (dumbbells)

B1. -8 x pull up  
B2. -8 x military press (dumbbells)  
B3. -8 x deadlift (barbell)

C1. -8 x arm curls (dumbbells)  
C2. -8 x triceps press (dumbbell)  
C3. -20 x side pulls (dumbbell)

#### STRENGTH CIRCUIT B

Use equipment in track shed.

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

A1. -8 x pushup row (dumbbells)  
A2. -8 x bent fly (dumbbell)  
A3. -8 x full squat (barbell)

B1. -8 x pull up  
B2. -8 x straight arm raise matrix (dumbbells)  
B3. -8 x kettle bell swing (kettle bell)

C1. -20 x Russian twists (plate)  
C2. -60 second running arms (dumbbells)  
C3. -8 x pillar dips (dumbbell)

#### 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 3 Fitness warm up B LSD 60-70min Fitness cool down	4 PM: 40 min. RECOVERY RUN.	5 PM: Fitness warm up A 30 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit A.	6 PM: 50 min. Random Fartlek Run.	7 PM: Fitness warm up B LSD 50-60 min Fitness cool down	8 PM: Fitness warm up A 35 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit A.	9 OFF Pool/Bike Cross Train
DECEMBER 10 Fitness warm up B LSD 65-75min Fitness cool down	11 PM: Performance warm up 40 min. RECOVERY RUN. 4 x 80m UPHILL STRIDES Performance cool down	12 PM: Fitness warm up A 35 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit A.	13 PM: Performance warm up EASY 30 min. 3 x 2 min. easy, 2 min. tempo, 1 min. easy, 1 min. tempo. EASY 10 min. Performance cool down	14 PM: Fitness warm up B LSD on Rim Trail 55-65 min Fitness cool down	15 AM: 15 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 4 x 100m STRIDES Fitness cool down 2 x Strength circuit A.	16 OFF Pool/Bike Cross Train
DECEMBER 17 Fitness warm up B LSD 70-80min Fitness cool down	18 PM: Performance warm up 40 min. RECOVERY RUN. 4 x 80m UPHILL STRIDES Performance cool down	19 AM: 15 min. RECOVERY RUN. PM: Fitness warm up A 40 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit A.	20 PM: Performance warm up EASY 20 min. 25 min. PROGRESSION RUN: EASY to 10k pace. EASY 10 min. Performance cool down	21 PM: Fitness warm up B LSD 60-70 min Fitness cool down	22 AM: 15 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 4 x 100m STRIDES Fitness cool down 2 x Strength circuit A.	23 12:00PM: EGG NOG MILE & ULTIMATE DEATH MATCH!
DECEMBER 24 Fitness warm up B LSD 75-85+min Fitness cool down	25 PM: Performance warm up EASY 35 min. 4 x 200m continuous relay @ 1600m goal pace. EASY 10 min. Performance cool down	26 AM: 15 min. RECOVERY RUN. PM: Fitness warm up A 40 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit A.	27 PM: Performance warm up EASY 20 min. 4 x 2 min. easy, 2 min. tempo, 1 min. easy, 2 min. tempo. EASY 10 min. Performance cool down	28 PM: Fitness warm up B LSD on Rim Trail 65-75 min Fitness cool down	29 AM: 15 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 4 x 100m STRIDES Fitness cool down 2 x Strength circuit B.	30 OFF Pool/Bike Cross Train
DECEMBER 31 Fitness warm up B LSD 75-85+min Fitness cool down	JANUARY 1 PM: Performance warm up EASY 35 min. 4 x 150m HILL reps @ 90% Max Effort w/ jog back recovery btwn each. EASY 10 min. Performance cool down	2 AM: 15 min. RECOVERY RUN. PM: Fitness warm up A 40 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit A.	3 PM: Performance warm up EASY 20 min. 4 x 2 min. easy, 3 min. tempo, 1 min. easy, 1 min. tempo. EASY 10 min. Performance cool down	4 PM: Fitness warm up B LSD 65-75 min Fitness cool down	5 AM: 15 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 3 x 150m @ 3200m pace Fitness cool down 2 x Strength circuit A.	6 OFF Pool/Bike Cross Train
JANUARY 7 Fitness warm up B LSD 80-90+min Fitness cool down	8 PM: Performance warm up EASY 30 min. 6 x 200m continuous relay @ 1600m goal pace. EASY 10 min. Performance cool down	9 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 40 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit B.	10 PM: Performance warm up EASY 20 min. 30 min. PROGRESSION RUN: EASY to 10k pace. EASY 10 min. Performance cool down	11 PM: Fitness warm up B LSD on Rim Trail 65-75 min Fitness cool down	12 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 4 x 100m STRIDES Fitness cool down 2 x Strength circuit B.	13 OFF Pool/Bike Cross Train
JANUARY 14 Fitness warm up B LSD 80-90+min Fitness cool down	15 PM: Performance warm up EASY 30 min. 6 x 150m HILL reps @ 90% Max Effort w/ jog back recovery btwn each. EASY 10 min. Performance cool down	16 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 45 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit A.	17 PM: Performance warm up EASY 25 min. 3 x 2 min. easy, 4 min. tempo, 1 min. easy, 2 min. tempo. EASY 10 min. Performance cool down	18 PM: Fitness warm up B LSD 65-75 min Fitness cool down	19 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 3 x 150m @ 3200m pace Fitness cool down 2 x Strength circuit B.	20 OFF Pool/Bike Cross Train
JANUARY 21 Fitness warm up B LSD 80-90+min Fitness cool down	22 PM: Performance warm up EASY 25 min. 8 x 200m continuous relay @ 1600m goal pace. EASY 10 min. Performance cool down	23 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 45 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit B.	24 PM: Performance warm up EASY 25 min. 3 x 2 min. easy, 5 min. tempo, 1 min. easy, 1 min. tempo. EASY 10 min. Performance cool down	25 PM: Fitness warm up B LSD on Rim Trail 65-75 min Fitness cool down	26 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 4 x 100m STRIDES Fitness cool down 2 x Strength circuit A.	27 OFF Pool/Bike Cross Train
JANUARY 28 Fitness warm up B LSD 80-90+min Fitness cool down	29 PM: Performance warm up EASY 25 min. 8 x 150m HILL reps @ 90% Max Effort w/ jog back recovery btwn each. EASY 10 min. Performance cool down	30 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 45 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit B.	31 PM: Performance warm up EASY 20 min. 35 min. PROGRESSION RUN: EASY to 10k pace. EASY 10 min. Performance cool down	FEBRUARY 1 PM: Fitness warm up B LSD 65-75 min Fitness cool down	2 AM: 20 min. RECOVERY RUN. PM: Fitness warm up A 35 min. RECOVERY RUN. 3 x 150m @ 3200m pace Fitness cool down 2 x Strength circuit B.	3 OFF Pool/Bike Cross Train