

CAMPO TRACK & FIELD

2021 SPRING SEASON SPRINT SCHEDULE

MANDATORY In-Person Practice Meets Monday through Saturday

SPEED PREP PHASE 1

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. lateral leg swings
20 sec. linear leg swings

POWER

3 x 8 squat press (med-ball)
3 x 8 dbl leg jump up (bench)
3 x 8 kettlebell swing (med-ball)

PLYOMETRIC

2 x 20-40 sec. dbl leg jump-rope hop
2 x 20-40 sec. dbl leg lateral over line hop
2 x 20-40 sec. dbl leg tuck jumps

ACTIVATION

2 x 20m A skip + 40m stride
2 x 20m straight-leg paw back + 40m stride
2 x 20m knee lift + 40m stride
2 x 20m heel lift + 40m stride

4 x 20m "drive-out" from reversed sit + 40m acceleration to 90% max velocity

SPEED COOL DOWN PHASE 1

600m BAREFOOT run on turf (2 x turf lap)

CORE

60 sec. leg lifts
60 sec. chest lifts
60 sec. sit ups
60 sec. push ups
60 sec. hands-and-knees bird dogs
60 sec. elbow-to-knee diagonal crunch
60 sec. superman rockers

STRETCH

CAPACITY PREP PHASE 1

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. lateral leg swings
20 sec. linear leg swings

2 x forward hurdle prisoner walkover
2 x lateral hurdle prisoner walkover
2 x backward hurdle prisoner walkover

STRENGTH

3 x 8 squat w/ med-ball front hold
3 x 8 good mornings w/ med-ball btwn shoulder blades
3 x 8 calf raises w/ med-ball front hold

ACTIVATION

4 x 20m Ladder Acceleration to 90% max velocity

CAPACITY COOL DOWN PHASE 1

600m BAREFOOT run on turf (2 x turf lap)

CORE

2 x 20 mountain climbers
8 x 30 sec. plank matrix

STRETCH

STRENGTH CIRCUITS

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

CIRCUIT A:

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)

CIRCUIT B:

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 kettlebell swing (kettle bell)

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

FITNESS PREP PHASE 1

GSM

10 x Sway-back/Cat-back
10 x Lateral abductor leg-raise
10 x Lateral adductor leg-raise
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant

BAREFOOT

Jog Variation Between Each:
-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

20m inchworms
20m walking pillar dips
20m walking leg swings
60 sec. hip/trunk rotations
60 sec. inverted splits
60 sec. inverted scissors
60 sec. chest eagles
60 sec. back eagles
20m backward prisoner-lunge walk

FITNESS COOL DOWN PHASE 1

BAREFOOT CIRCUIT

20m walk toes up & out
20m walk toes up & in
20m walk heels up & out
20m walk heels up & in

CORE

60 sec. scoops
60 sec. chest crawl
60 sec. low reach crunch
60 sec. pistons
60 sec. side crunches
60 sec. opposite arm/leg
60 sec. alternate leg lifts

ROPE STRETCH (at home on your own)

STRENGTH (at home on your own)

3 x 8 Lunge w/ med-ball front hold
3 x 8 Bench Press (dumbbells)
3 x 8 Bent Row (dumbbell)
3 x 8 Military Press (dumbbell)
3 x 8 Pull Up (band)
3 x 8 Arm Curl (dumbbell)
3 x 8 Triceps Press (band)

LADDER DRILLS

1. Forward dbl leg "hop scotch"
2. Forward dbl leg "slalom"
3. Forward dbl leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

STRETCH CIRCUIT

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

LOWER LEG TURF CIRCUIT

BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

LOWER LEG STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

- 60-second right-leg toe taps
- 60-second left-leg toe taps
- 20 x right-side hip-sag gluteal squeeze
- 20 x left-side hip-sag gluteal squeeze
- 20 x right-side single-leg squat taps
- 20 x left-side single-leg squat taps
- 10 x double-leg heel lower-to-raise (inversion/extension)

CAMPO TRACK & FIELD

2021 SPRING SEASON DISTANCE SCHEDULE

MANDATORY In-Person Practice Meets Monday through Saturday

SPEED PREP PHASE 2

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. lateral leg swings
20 sec. linear leg swings

POWER

3 x 5 squat jump w/ med-ball press
3 x 5 dbl leg depth jump from bench w/
med-ball front hold
3 x 5 kettlebell tossup (med-ball)

PLYOMETRIC

2 x 20-40 sec. sngl leg jump-rope hop
2 x 20-40 sec. sngl leg lateral over line hop
2 x 20-40 sec. sngl leg tuck jumps

ACTIVATION

2 x 20m A skip + 40m stride
2 x 20m straight-leg paw back + 40m stride
2 x 20m B skip + 40m stride
2 x 60m anking progression (small to big)

4 x 20m "drive-out" from 3-point stance +
40m acceleration to 90% max velocity

SPEED COOL DOWN PHASE 2

600m BAREFOOT run on turf (2 x turf lap)

CORE

60 sec. leg lifts w/ flutter & scissor
60 sec. chest lifts w/ arms in front
60 sec. suitcases
60 sec. push ups w/ lateral walk
60 sec. hands-and-knees bird dogs w/
lateral movement
60 sec. Russian twist w/ med-ball
60 sec. superman rockers

STRETCH

CAPACITY PREP PHASE 2

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. lateral leg swings
20 sec. linear leg swings

2 x forward hurdle prisoner walkover
2 x lateral hurdle prisoner walkover
2 x backward hurdle prisoner walkover

STRENGTH

3 x 8 squat w/ med-ball front hold
3 x 8 good mornings w/ med-ball btwn
shoulder blades
3 x 8 calf raises w/ med-ball front hold

ACTIVATION

4 x 20m Ladder Acceleration to 90% max
velocity

CAPACITY COOL DOWN PHASE 2

600m BAREFOOT run on turf (2 x turf lap)

CORE

2 x 10 mountain climber matix
8-12 x 40 sec. plank matrix

STRETCH

FITNESS PREP PHASE 2

GSM

10 x Sway-back/Cat-back
10 x Lateral abductor leg-raise
10 x Lateral adductor leg-raise
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant

BAREFOOT

Jog Variation Between Each:
-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

20m inchworms
20m walking pillar dips
20m walking leg swings
60 sec. hip/trunk rotations
60 sec. inverted splits
60 sec. inverted scissors
60 sec. chest eagles
60 sec. back eagles
20m backward prisoner-lunge walk

FITNESS COOL DOWN PHASE 2

BAREFOOT CIRCUIT

20m walk toes up & out
20m walk toes up & in
20m walk heels up & out
20m walk heels up & in

CORE

-60 sec. straight-leg full lift
-60 sec. chest crawl
-60 sec. oscillating heel reach
-60 sec. elbow-to-knee bicycles
-60 sec. side crunches
-60 sec. opposite-arm/leg lift w/ lateral
movement
-60 sec. spread-eagle opposite-arm/leg
pike

ROPE STRETCH (at home on your own)

STRENGTH (at home on your own)

3 x 8 Lunge (dumbbells)
3 x 8 Bench Press (dumbbells)
3 x 8 Bent Row (dumbbell)
3 x 8 Military Press (dumbbell)
3 x 8 Pull Up (band)
3 x 8 Arm Curl (dumbbell)
3 x 8 Triceps Press (band)

LADDER DRILLS

1. Forward dbl leg "hop scotch"
2. Forward dbl leg "slalom"
3. Forward dbl leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

STRETCH CIRCUIT

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover,
side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from
same side gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to
gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag
hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to
chest)

LOWER LEG TURF CIRCUIT

BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m).
Perform leg exercise across end-zone
(50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

LOWER LEG STEP CIRCUIT

Power walk up and down stadium steps
btwn each exercise. Repeat circuit as time
allows.

- 60-second right-leg toe taps
- 60-second left-leg toe taps
- 20 x right-side hip-sag gluteal squeeze
- 20 x left-side hip-sag gluteal squeeze
- 20 x right-side single-leg squat taps
- 20 x left-side single-leg squat taps
- 10 x double-leg heel lower-to-raise
(inversion/extension)

2021 SPRING SEASON SPEED SCHEDULE

	<p>FEBRUARY 1 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *3 x Strength circuit A. *4 x 1 min. jumping jacks w/ 1 min. rest between each. *Capacity Cool Down 	<p>2 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *4 x 40m @ 95% max velocity, w/ 30 sec. walk back to start btwn each *2 x 200m @ 1600m pace w/ 30 sec. standing rest after each =brisk pace! *Run EASY 5 min. *Performance cool down. 	<p>3 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit B *4 x 2 min. jump rope w/ 1 min. rest between each. *Fitness Cool Down 	<p>4 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *6 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =3 minutes total. *6-8x 200m @ 85% max effort w/ double time standing recovery after each. =still fast, but in control. *Run EASY 5 min. *Capacity Cool Down 	<p>5 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit A. *6 x 100m @ 1600m pace every 60 sec =brisk pace! *Fitness Cool Down 	<p>6 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *2-3 x 150m @ 97% max velocity w/ 5 min. walk 600m recovery after each =all-out effort. Brisk walk on recovery! *Run EASY 5 min. *Performance cool down.
FEB 7	<p>8 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *3 x Strength circuit A. *4 x 1 min. jumping jacks w/ 1 min. rest between each. *Capacity Cool Down 	<p>9 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *4 x 40m @ 95% max velocity, w/ 30 sec. walk back to start btwn each *2 x 200m @ 1600m pace w/ 30 sec. standing rest after each =brisk pace! *Run EASY 5 min. *Performance cool down. 	<p>10 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit B *4 x 2 min. jump rope w/ 1 min. rest between each. *Fitness Cool Down 	<p>11 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *6 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =3 minutes total. *4 x 200m @ 85% max effort w/ 3 min. standing rest after each. =slightly less than all-out effort. *Run EASY 5 min. to Calle La Messa! *STEEP HILL REPETITIONS (Calle La Messa): 4-5 x 60m-80m @ 80% max effort, w/ EASY jog back to start btwn each *Walk 5 min. back to track. *Capacity Cool Down 	<p>12 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit A. *6 x 100m @ 1600m pace every 60 sec =brisk pace! *Fitness Cool Down 	<p>13 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *2-3 x 150m @ 97% max velocity w/ 5 min. walk 600m recovery after each =all-out effort. Brisk walk on recovery! *Run EASY 5 min. *Performance cool down.
FEB 14	<p>15 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *3 x Strength circuit A. *5 x 1 min. jumping jacks w/ 1 min. rest between each. *Capacity Cool Down 	<p>16 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *4 x 40m INCLINE (track access ramp) @ 95% max velocity, w/ 30 sec. walk back to start btwn each *2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. =still fast pace, but in control. *Run EASY 5 min. *Performance cool down. 	<p>17 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit B *5 x 2 min. jump rope w/ 1 min. rest between each. *Fitness Cool Down 	<p>18 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *6 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =3 minutes total. *6-8x 200m @ 85% max effort w/ double time standing recovery after each. =still fast, but in control. *Run EASY 5 min. *Capacity Cool Down 	<p>19 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit A. *6 x 100m @ 1600m pace every 60 sec =brisk pace! *Fitness Cool Down 	<p>20 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *2-3 x 150m @ 97% max velocity w/ 5 min. walk 600m recovery after each =all-out effort. Brisk walk on recovery! *Run EASY 5 min. *Performance cool down.
FEB 21	<p>22 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *3 x Strength circuit A. *6 x 1 min. jumping jacks w/ 1 min. rest between each. *Capacity Cool Down 	<p>23 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *4 x 40m INCLINE (track access ramp) @ 95% max velocity, w/ 30 sec. walk back to start btwn each *2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. =still fast pace, but in control. *Run EASY 5 min. *Performance cool down. 	<p>24 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit B *6 x 2 min. jump rope w/ 1 min. rest between each. *Fitness Cool Down 	<p>25 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Capacity Prep *6 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =3 minutes total. *4 x 200m @ 85% max effort w/ 3 min. standing rest after each. =slightly less than all-out effort. *Run EASY 5 min. to Calle La Messa! *STEEP HILL REPETITIONS (Calle La Messa): 4-5 x 60m-80m @ 80% max effort, w/ EASY jog back to start btwn each *Walk 5 min. back to track. *Capacity Cool Down 	<p>26 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Fitness Prep *3 x Strength circuit A. *6 x 100m @ 1600m pace every 60 sec =brisk pace! *Fitness Cool Down 	<p>27 PRESEASON</p> <p>ON YOUR OWN</p> <ul style="list-style-type: none"> *Performance Warm up. *10 x 15/ sec. accelerate to 70% max velocity/15 sec. decelerate to jog. =5 minutes total. *1 x 300m @ 1000m pace w/ 12 min. walk 1000m recovery after =all-out effort. *2 x 200m @ 97% max velocity w/ 5 min. walk 600m recovery after each =all-out effort. *Run EASY 5 min. *Performance cool down.
FEB 28	<p>MARCH 1 FIRST PRACTICE</p> <p>PM IN-PERSON @ CAMPO TRACK</p> <ul style="list-style-type: none"> *Stretch. *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down 	<p>2 PM IN-PERSON @ CAMPO TRACK</p> <p>MAX VELOCITY & SPEED ENDURANCE</p> <ul style="list-style-type: none"> *Speed Prep *2 x 3 x 20m fly, 20m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk 320m recovery after each set. *1 x 80-100m @ 97% max velocity. *Speed Cool Down 	<p>3 PM IN-PERSON @ CAMPO TRACK</p> <ul style="list-style-type: none"> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down 	<p>4 PM IN-PERSON @ CAMPO TRACK</p> <p>INTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Capacity Prep *Jog to Calle La Messa. *2 x 60-80m STEEP HILL (Calle La Messa) @ 80% max effort w/ 2 min. walk back recovery btwn reps. 8 minute standing recovery after set. *2 x 80-100m STEEP HILL (Calle La Messa) @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. *2 x 60-80m STEEP HILL (Calle La Messa) @ 80% max effort w/ 2 min. walk back recovery btwn reps. *Walk 5 min. back to track. *Capacity Cool Down 	<p>5 PM IN-PERSON @ CAMPO TRACK</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *4-6 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down 	<p>6 AM IN-PERSON @ CAMPO TRACK</p> <p>SPEED ENDURANCE & INTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Speed Prep *1-2 x 80-100m "sprint-float-sprint" @ 97%-92%-97% max velocity w/ 5 minute 320-300m walk recovery after each *3 x 120-150m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. 800m walk recovery after sets. *Speed Cool Down
MAR 7	<p>MARCH 8</p> <p>PM IN-PERSON @ CAMPO TRACK</p> <ul style="list-style-type: none"> *Stretch. *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down 	<p>9 PM IN-PERSON @ CAMPO TRACK</p> <p>MAX VELOCITY & SPEED ENDURANCE</p> <ul style="list-style-type: none"> *Speed Prep *2 x 3 x 20m fly, 30m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk 320m recovery after each set. *1 x 100-120m @ 97% max velocity. *Speed Cool Down 	<p>10 PM IN-PERSON @ CAMPO TRACK</p> <ul style="list-style-type: none"> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down 	<p>11 PM IN-PERSON @ CAMPO TRACK</p> <p>INTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Capacity Prep *Jog to Calle La Messa. *2 x 2 x 80-100m STEEP HILL (Calle La Messa) @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. *3 x 60-80m STEEP HILL (Calle La Messa) @ 80% max effort w/ 2 min. walk back recovery btwn reps. *Walk 5 min. back to track. *Capacity Cool Down 	<p>12 NO SCHOOL</p> <p>PM IN-PERSON @ CAMPO TRACK</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *4-6 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down 	<p>13 AM IN-PERSON @ CAMPO TRACK</p> <p>SPEED ENDURANCE & INTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Speed Prep *1-2 x 80-100m "sprint-float-sprint" @ 97%-92%-97% max velocity w/ 5 minute 320-300m walk recovery after each *3 x 120-150m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. 800m walk recovery after sets. *Speed Cool Down

2021 SPRING SEASON SPEED SCHEDULE

MAR 14 Active rest. *Stretch.	MARCH 15 <u>PM IN-PERSON @ CAMPO TRACK</u> *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down	16 <u>PM IN-PERSON @ CAMPO TRACK</u> MAX VELOCITY & SPEED ENDURANCE *Speed Prep SPIKES ON 2 x 3 x 20m fly 30m @ 97% max velocity 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk 320m recovery after each set 1 x 80-100m @ 97% max velocity w/ 5 min. walk 320-300m recovery after rep. 1 x 80m @97% max velocity SPIKES OFF *Speed Cool Down	17 <u>PM IN-PERSON @ CAMPO TRACK</u> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down	18 <u>PM IN-PERSON @ CAMPO TRACK</u> INTENSIVE TEMPO *Capacity Prep *Jog to Calle La Messa. 2 x 3 x 80-100m STEEP HILL (Calle La Messa) @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. 3 x 60-80m STEEP HILL (Calle La Messa) @ 80% max effort w/ 2 min. walk back recovery btwn reps. *Walk 5 min. back to track. *Capacity Cool Down	19 <u>PM IN-PERSON @ CAMPO TRACK</u> EXTENSIVE TEMPO *Fitness Prep 15-7 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down	20 <u>AM IN-PERSON @ CAMPO TRACK</u> SPEED ENDURANCE & INTENSIVE TEMPO *Speed Prep 2-3 x 80-100m 'sprint-float-sprint' @ 97%-92%-97% max velocity w/ 5 min. 320-300m walk recovery after each set. 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. 800m walk recovery after set. *Speed Cool Down
MAR 21 Active rest. *Stretch.	MARCH 22 <u>PM IN-PERSON @ CAMPO TRACK</u> *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down	23 <u>PM IN-PERSON @ CAMPO TRACK</u> MAX VELOCITY & SPEED ENDURANCE *Speed Prep SPIKES ON 4 x 20m fly, 60m sprint 20m-float 20m-sprint 20m @ 97%-92%-97% max velocity, 30m decelerate w/ 4 min. walk back recovery after each rep. 6 minute walk 320m recovery after set. 1 x 100-120m @ 97% max velocity w/ 5 min. walk 300-280m recovery after rep. 1 x 80-100m @97% max velocity SPIKES OFF *Speed Cool Down	24 <u>PM IN-PERSON @ CAMPO TRACK</u> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down	25 <u>PM IN-PERSON @ CAMPO TRACK</u> ACCELERATION & INTENSIVE TEMPO *Capacity Prep 2 x 20m push starts on access road incline (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk 400m after set. 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps. 9 min. 800m walk recovery after set. *Capacity Cool Down	26 <u>PM IN-PERSON @ CAMPO TRACK</u> EXTENSIVE TEMPO *Fitness Prep 2 x 300m @ 70% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery *Fitness Cool Down	27 <u>PM IN-PERSON @ CAMPO TRACK</u> Sprint/Field Meet vs. Acalanes
MAR 28 Active rest. *Stretch.	MARCH 29 <u>NO SCHOOL PM IN-PERSON @ CAMPO TRACK</u> *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down	30 <u>NO SCHOOL PM IN-PERSON @ CAMPO TRACK</u> SHORT SPEED ENDURANCE & SPECIAL ENDURANCE 1 *Speed Prep SPIKES ON 4 x 20m fly, 60m sprint 20m-float 20m-sprint 20m @ 97%-92%-97% max velocity, 30m decelerate w/ 4 min. walk back recovery after each rep. 6 minute walk 320m recovery after set. 1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 120-150m @97% max velocity SPIKES OFF *Speed Cool Down	31 <u>NO SCHOOL PM IN-PERSON @ CAMPO TRACK</u> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down	APRIL 1 <u>NO SCHOOL PM IN-PERSON @ CAMPO TRACK</u> ACCELERATION & INTENSIVE TEMPO *Capacity Prep 2 x 20m push starts on access road incline (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk 400m after set. 3 x 160-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps. 9 min. 800m walk recovery after set. *Capacity Cool Down	2 <u>NO SCHOOL PM IN-PERSON @ CAMPO TRACK</u> EXTENSIVE TEMPO *Fitness Prep 15 x 150m @ 70% max velocity, walk 20m recovery btwn reps. *Fitness Cool Down	3 <u>NO SCHOOL AM IN-PERSON @ CAMPO TRACK</u> MAX VELOCITY & SPECIAL ENDURANCE 1 *Speed Prep SPIKES ON 2 x 3 x 20m fly 30m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk 320m recovery after each set. 1 x 150-180m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 120-150m @97% max velocity SPIKES OFF *Speed Cool Down
APR 4 Active rest. *Stretch.	APRIL 5 <u>PM IN-PERSON @ CAMPO TRACK</u> *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down	6 <u>PM IN-PERSON @ CAMPO TRACK</u> SHORT SPEED ENDURANCE & SPECIAL ENDURANCE 1 *Speed Prep SPIKES ON 4 x 20m fly, 60m sprint 20m-float 20m-sprint 20m @ 97%-92%-97% max velocity, 30m decelerate w/ 4 min. walk back recovery after each rep. 6 minute walk 320m recovery after set. 1 x 220-250m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 150-200m @97% max velocity SPIKES OFF *Speed Cool Down	7 <u>PM IN-PERSON @ CAMPO TRACK</u> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down	8 <u>PM IN-PERSON @ CAMPO TRACK</u> ACCELERATION & INTENSIVE TEMPO *Capacity Prep 2 x 20m push starts on access road incline (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk 400m after set. 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps. 9 min. 800m walk recovery after set. *Capacity Cool Down	9 <u>PM IN-PERSON @ CAMPO TRACK</u> EXTENSIVE TEMPO *Fitness Prep 2 x 300m @ 70% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery *Fitness Cool Down	10 <u>PM IN-PERSON @ CAMPO TRACK</u> Sprint/Field Meet vs. Las Lomas
APR 11 Active rest. *Stretch.	APRIL 12 <u>PM IN-PERSON @ CAMPO TRACK</u> *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down	13 <u>PM IN-PERSON @ CAMPO TRACK</u> SPECIAL ENDURANCE 2 *Speed Prep SPIKES ON 1 x 180-200m @ 400m goal pace w/ 10 min. walk recovery after rep. 1 x 200-220m @ 400m goal pace w/ 10 min. walk recovery after rep. 1 x 120-150m @97% max velocity SPIKES OFF *Speed Cool Down	14 <u>PM IN-PERSON @ CAMPO TRACK</u> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down	15 <u>PM IN-PERSON @ CAMPO TRACK</u> SHORT SPEED ENDURANCE *Capacity Prep 3 x 4 x 60m (1st 20m over ladders) @ 90% max velocity w/ 1.5 min. walk back recovery btwn reps. 6 min. 800m walk recovery btwn sets. *Capacity Cool Down	16 <u>PM IN-PERSON @ CAMPO TRACK</u> EXTENSIVE TEMPO *Fitness Prep 15 x 150m @ 70% max velocity, walk 20m recovery btwn reps. *Fitness Cool Down	17 <u>PM IN-PERSON @ CAMPO TRACK</u> SHORT SPEED ENDURANCE & SPECIAL ENDURANCE 1 *Speed Prep SPIKES ON 2 x 3 x 20m fly 30m @ 97% max velocity, 30m decelerate w/ 1.5 min. walk back recovery after each rep. 6 minute walk 320m recovery after 1st set, 10 min. walk 800m recovery after 2nd set. 1 x 150-180m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 120-150m @97% max velocity SPIKES OFF *Speed Cool Down
APR 18 Active rest. *Stretch.	APRIL 19 <u>PM IN-PERSON @ CAMPO TRACK</u> *Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down	20 <u>PM IN-PERSON @ CAMPO TRACK</u> SPECIAL ENDURANCE 2 *Speed Prep SPIKES ON 1 x 220-250m @ 400m goal pace w/ 10 min. walk recovery after rep. 1 x 200-220m @ 400m goal pace SPIKES OFF *Speed Cool Down	21 <u>PM IN-PERSON @ CAMPO TRACK</u> *Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down	22 <u>PM IN-PERSON @ CAMPO TRACK</u> SHORT SPEED ENDURANCE *Capacity Prep 3 x 4 x 60m (1st 20m over ladders) @ 92% max velocity w/ 1.5 min. walk back recovery btwn reps. 6 min. 800m walk recovery btwn sets. *Capacity Cool Down	23 <u>PM IN-PERSON @ CAMPO TRACK</u> EXTENSIVE TEMPO *Fitness Prep 2 x 300m @ 70% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery *Fitness Cool Down	24 <u>PM IN-PERSON @ CAMPO TRACK</u> Sprint/Field Meet vs. Northgate

2021 SPRING SEASON SPEED SCHEDULE

<p>APR 25 Active rest. *Stretch.</p>	<p>APRIL 26 PM IN-PERSON @ CAMPO TRACK</p> <p>*Capacity Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Capacity Cool Down</p>	<p>27 PM IN-PERSON @ CAMPO TRACK</p> <p>SPECIAL ENDURANCE 2 *Speed Prep SPIKES ON 1 x 220-230m @ 400m goal pace w/ 10 min. walk recovery after rep. 1 x 200-220m @ 400m goal pace SPIKES OFF *Speed Cool Down</p>	<p>28 PM IN-PERSON @ CAMPO TRACK</p> <p>*Fitness Prep HURDLE, JUMP, VAULT SKILL PRACTICE *Fitness Cool Down</p>	<p>29 PM IN-PERSON @ CAMPO TRACK</p> <p>SHORT SPEED ENDURANCE *Capacity Prep 2 x 4 x 60m (1st 20m over ladders) @ 92% max velocity w/ 1.5 min. walk back recovery btwn reps, 6 min. 800m walk recovery btwn sets *Capacity Cool Down</p>	<p>30 PM IN-PERSON @ CAMPO TRACK</p> <p>EXTENSIVE TEMPO *Fitness Prep 4 x 150m @ 70% max velocity, walk 30m recovery btwn reps *Fitness Cool Down</p>	<p>MAY 1 PM IN-PERSON @ CAMPO TRACK</p> <p>All-Event Meet vs. Miramonte</p>
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NOTE WORKOUT EXPLANATIONS BELOW:

Extensive tempo Improves aerobic and anaerobic capacity. Improves VO2 max. Improves overall work capacity and fitness. Helps speed recovery after high intensity bouts and races. It's endurance work for sprinters broken down into small segments. Overall volume for workout begins at 1000m and can progress through season to a max of 3800m for prepared veterans. Also used as an easy day/recovery day before meets.

Intensive tempo Improves lactate capacity. Think of it as a tempo run for sprinters, but instead of increasing the pace at which one can run at lactate threshold, this workout improves the distance an athlete can run before lactate will shut her down. The resulting benefit is an increase in capacity, improving her ability to perform optimally in multiple events in the same meet, extending her ability to complete greater training volumes in a single session, and extending the point in the 400 before which she hits the wall. Most athletes should feel as though they are on the verge of muscle shutdown near the end of the last rep. If they actually do cramp up then they have run too fast. It's like filling up a cup with lactic acid but stopping before it spills over. After each rep the level goes down and then it rises up again. The trick is to not spill over. Over time the cup gets bigger. Pace progresses over the season to date pace (or 1 second slower) of the last 200 of a 400. Example: a 60 second 400m sprinter will run 31 to 32 seconds for the last 200.

Max Velocity Focus is on utilizing the Creatine Phosphate system. This is a maximum power output workout. Alactic-no lactic acid accumulation. If rest is too short then Creatine Phosphate does not resynthesize and the body then uses glycolysis and lactic acid slowly develops. Focus is on mechanics and relaxed running. The fly start is to get the athlete up to speed. Do not worry about acceleration mechanics. It is all about execution at full velocity. Short ground contact time. Get your leg moving forward as soon as possible. Maintain pelvic stability. 20-40m zone.

Short Speed Endurance Similar to Max Velocity but the rest is cut in half. The resulting stress elicits an adaptation in the Creatine Phosphate system that increases its capacity. The result is more free energy. Due to reliance on glycolysis (the creatine phosphate system cannot keep up), after 3-4 sets lactic acid should be flooding the system.

Speed Endurance Stresses anaerobic power and capacity. Improves ability to derive energy from glycolysis. This workout is a key building block for 100m to 400m. Rest is necessary to allow the small lactate levels to return to resting levels. Run as fast as possible as far as possible without a breakdown in mechanics. 80m progressing to 120-150m

Special Endurance I Continuation of speed endurance. This gets its own name because the length of run diminishes the early influence of the Creatine Phosphate system and places greater reliance on glycolysis. The longer distance results in more lactic acid accumulation; Therefore, greater rest times are needed. Again, the key is to run as fast as possible for as long as possible without falling apart. 150m progressing to 250-300m.

Special Endurance II Lactate tolerance workout. The rep is long enough that the athlete deals with large amounts of lactic acid near the end of the run. Run just far enough to have the athlete deal with the lactic acid. No running "ugly". Focus on shortening stride and increasing turnover at onset of excess lactic acid accumulation.