

COUGAR TRACK & FIELD

2021-2022 speed WINTER CONDITIONING

MONDAY through FRIDAY winter conditioning sessions meet at the track at 3:30pm!

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
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

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
-thrusters
-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)
-2 x 10 heel raises/drops (on step)
-60 sec. toe lift/tap

• 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 12	13 •Performance Warm up. •Run 800m ins/outs =jog turns, accelerate on straightaway! •4 x 200m @ 1600m pace w/ 30 sec. standing rest after each =brisk pace!!! •Run EASY 5 min. •Performance cool down.	14 •Fitness warm-up A. •2 x Strength circuit A. •Run 800m ins/outs mini =jog turns, accelerate on straightaway! •6-8 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	15 •Fitness warm-up B. •Run EASY 5 min. •8-10 x 100m @ 1600m pace every 60 sec. =brisk pace! •Run EASY 5 min. •Fitness cool down.	16 •Performance Warm up. •2 x Strength circuit B. •Run 1600m ins/outs. =jog turns, accelerate on straightaway! •1 x 300m TIME TRIAL w/ 10 min. walk 800m recovery after =all-out effort. Record time for use on pace chart! •Run EASY 5 min. •Performance cool down.	17 •Fitness warm-up A. •Run EASY 20 min. •Agility Circuit. •Fitness cool down.	18 •Fitness warm-up B. •2 x Strength circuit B. •Run EASY 10 min. •3 x 150m @ 800m pace w/ equal distance jog btwn each =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.
DECEMBER 19	20 •Performance Warm up. •Run 800m ins/outs. =jog turns, accelerate on straightaway! •2 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each =all-out effort. •2 x 200m @ 1600m pace w/ 30 sec. standing rest after each =brisk pace!!! •3 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each •Run EASY 5 min. •Performance cool down.	21 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •4 x 200m @ 600m pace 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): 3-4 x 100m-120m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. back to track. •Fitness cool down.	22 •Fitness warm-up B. •Run 1200m ins/outs. •1 x 600m @ 800m pace w/ 12 min. walk 1000m recovery after. =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 500m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	23 •Performance Warm up. •3 x Strength circuit B. •Run 1600m ins/outs. •1 x 300m TIME TRIAL w/ 10 min. walk 1000m recovery after =all-out effort. Record time for use on pace chart! •2 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =all-out effort. Brisk walk on recovery! •Run EASY 5 min. •Performance cool down.	24 •Fitness warm-up A. •Run EASY 5 min. •8-10 x 100m @ 1600m pace every 60 sec. =brisk pace! •Run EASY 5 min. •Agility Circuit. •Fitness cool down.	25 •Fitness warm-up B. •3 x Strength circuit A. •Run EASY 10 min. •3 x 150m @ 800m pace w/ equal distance jog btwn each =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.
DECEMBER 26	27 •Performance Warm up. •Run 1600m ins/outs. •2-3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each =all-out effort. •2 x 200m @ 1600m pace w/ 30 sec. standing rest after each =brisk pace! •3 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each •Run EASY 5 min. •Performance cool down.	28 •Fitness warm-up A. •3 x Strength circuit B. •Run 800m ins/outs. •8-10 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	29 •Fitness warm-up B. •Run 1200m ins/outs. •1-2 x 500m @ 800m pace w/ 12 min. walk 1100m recovery after each. =still fast pace, but in control. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. =still fast pace, but in control. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Fitness cool down.	30 •Performance Warm up. •3 x Strength circuit A. •Run 1600m ins/outs. •1 x 300m TIME TRIAL w/ 10 min. walk 1000m recovery after =all-out effort. Record time for use on pace chart! •2 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =all-out effort. •Run EASY 5 min. •Performance cool down.	31 •Fitness warm-up A. •Run EASY 20 min. •Agility Circuit. •Fitness cool down.	JANUARY 1 •Fitness warm-up B. •3 x Strength circuit B. •Run EASY 10 min. •2 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.
JANUARY 2	3 •Performance Warm up. •Run 1600m ins/outs. •3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each =all-out effort. •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.	4 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •4 x 200m @ 600m pace 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 100m-120m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. back to track. •Fitness cool down.	5 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 600m @ 800m pace w/ 12 min. walk 1000m 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 500m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	6 •Performance Warm up. •3 x Strength circuit B. •Run 1600m ins/outs. •1 x 300m @ 400m pace w/ 10 min. walk 1000m recovery after =all-out effort. •2-3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =all-out effort. •Run EASY 5 min. •Performance cool down.	7 •Fitness warm-up A. •Run EASY 5 min. •8-10 x 100m @ 1600m pace every 60 sec. =brisk pace! •Run EASY 5 min. •Agility Circuit. •Fitness cool down.	8 •Fitness warm-up B. •3 x Strength circuit A. •Run EASY 10 min. •4 x 150m @ 800m pace w/ equal distance jog btwn each =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.
JANUARY 9	10 •Performance Warm up. •Run 1600m ins/outs. •2 x 250m @ 400m pace w/ 5 min. walk 550m recovery after each. =all-out effort. •2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. =still fast pace, but in control. •4 x 40m INCLINE (track access ramp) @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down.	11 •Fitness warm-up A. •3 x Strength circuit B. •Run 800m ins/outs. •10-12 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	12 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 500m @ 800m pace w/ 12 min. walk 1100m recovery after each. =still fast pace, but in control. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. =still fast pace, but in control. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Fitness cool down.	13 •Performance Warm up. •3 x Strength circuit A. •Run 1600m ins/outs. •1 x 300m @ 400m pace w/ 10 min. walk 1000m recovery after =all-out effort. •2-3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =all-out effort. •Run EASY 5 min. •Performance cool down.	14 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down.	15 •Fitness warm-up B. •3 x Strength circuit B. •Run EASY 10 min. •3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
JANUARY 16	17 •Performance Warm up. •Run 1600m ins/outs. •3 x 250m @ 400m pace w/ 5 min. walk 500m recovery after each. =all-out effort. •2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. =still fast pace, but in control. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down.	18 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •4-6 x 200m @ 600m pace 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): 4-6 x 120m-150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. back to track. •Fitness cool down.	19 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 600m @ 800m pace w/ 12 min. walk 1000m 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 500m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	20 •Performance Warm up. •3 x Strength circuit B. •Run 1600m ins/outs. •1 x 300m @ 400m pace w/ 10 min. walk 1000m recovery after each. =all-out effort. •3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =all-out effort. •Run EASY 5 min. •Performance cool down.	21 •Fitness warm-up A. •Run EASY 5 min. •2 x 4-6 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. •4 min. 400m walking recovery btwn sets. =brisk pace! •Run EASY 5 min. •Agility Circuit. •Fitness cool down.	22 •Fitness warm-up B. •3 x Strength circuit A. •Run EASY 10 min. •4 x 150m @ 800m pace w/ equal distance jog btwn each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.
JANUARY 23	24 •Performance Warm up. •Run 1600m ins/outs. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each. =all-out effort. •2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. =still fast pace, but in control. •4 x 40m INCLINE (track access ramp) @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down.	25 •Fitness warm-up A. •3 x Strength circuit B. •Run 800m ins/outs. •10-12 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	26 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 600m @ 800m pace w/ 12 min. walk 1100m recovery after each. =still fast pace, but in control. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. =still fast pace, but in control. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Fitness cool down.	27 •Performance Warm up. •3 x Strength circuit A. •Run 1600m ins/outs. •1 x 300m @ 400m pace w/ 10 min. walk 1000m recovery after each. =all-out effort. •3-4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =all-out effort. •Run EASY 5 min. •Performance cool down.	28 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down.	29 •Fitness warm-up B. •3 x Strength circuit B. •Run EASY 10 min. •3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.
JANUARY 30	31 •Performance Warm up. •Run 1600m ins/outs. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each. =all-out effort. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. =still fast pace, but in control. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down.	FEBRUARY 1 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •4-6 x 200m @ 600m pace 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): 4-6 x 120m-150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. back to track. •Fitness cool down.	2 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 600m @ 800m pace w/ 12 min. walk 1000m 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 500m recovery after each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.	3 •Performance Warm up. •3 x Strength circuit B. •Run 1600m ins/outs. •1 x 300m @ 400m pace w/ 10 min. walk 1000m recovery after each. =all-out effort. •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =all-out effort. •Run EASY 5 min. •Performance cool down.	4 •Fitness warm-up A. •Run EASY 5 min. •2 x 4-6 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. •4 min. 400m walking recovery btwn sets. =brisk pace! •Run EASY 5 min. •Agility Circuit. •Fitness cool down.	5 •Fitness warm-up B. •3 x Strength circuit A. •Run EASY 10 min. •4 x 150m @ 800m pace w/ equal distance jog btwn each. =still fast pace, but in control. •Run EASY 5 min. •Fitness cool down.

RACE EQUIVELANCY CHARTS:

RACE TIME:

*300m	58.5	57	55.5	54	52.5	51.75	51	50.25	49.5	48.75	48	47.25	46.5
400m	78	76	74	72	70	69	68	67	66	65	64	63	62

WORKOUT PACE:

(600m) 180	35.5	35	34	33	32.5	32	31.5	31.5	31	31	30.5	30	29.5
(600m) 200	40	39	38	37	36.5	36	35.5	35	34.5	34	34	33.5	33
(800m) 150	32	31	30.5	29.5	29	29	28.5	28	27.5	27.5	27	27	26.5
(800m) 180	38	37	36	35	34.5	34.5	34	33.5	33	32.5	32	32	31.5
(800m) 200	42.5	41.5	40.5	39.5	39	39	38	37.5	37	36.5	36	36	35.5
(1600m) 100	23	22	22	21.5	21.5	21.5	21	21	20.5	20.5	20.5	20.5	20
(1600m) 200	46	44	44	43.5	43	43	42.5	42	41.5	41	41	41	40.5
(1600m) 300	69	66.5	66	66	65.5	65.5	64.5	63	62	61.5	61.5	61.5	60.5
(3200m) 300	75	75	74	73	72.5	72	72	71	70	70	69.5	69.5	69
(3200m) 400	1:40	1:40	1:39	1:38	1:37	1:36	1:36	1:35	1:34	1:34	1:33	1:33	1:32
(3200m) 500	2:05	2:05	2:04	2:02.5	2:01.5	2:00	2:00	1:58	1:57	1:57	1:56.5	1:56.5	1:55
(3200m) 600	2:30.5	2:30.5	2:29	2:27.5	2:26	2:24	2:24	2:22	2:21	2:21	2:20	2:20	2:18.5

RACE TIME:

*300m	45.75	45	44.25	43.5	42.75	42	41.25	40.5	39.75	39	38.25	37.5	36.75
400m	61	60	59	58	57	56	55	54	53	52	51	50	49

WORKOUT PACE:

(600m) 180	29	28.5	28	27.5	27	26.5	26	26	25.5	25	24.5	24	24
(600m) 200	32.5	32	31.5	31	30.5	30	29.5	29	28.5	28	27.5	27	26.5
(800m) 150	26	26	25.5	25	24.5	24	24	23.5	23	23	22.5	22	22
(800m) 180	31	31	30.5	30	29.5	29	28.5	28	27.5	27	26.5	26	25.5
(800m) 200	35	34.5	34	33.5	33	32.5	32	31.5	31	30.5	30	29.5	29
(1600m) 100	20	19.5	19.5	19	19	18.5	18.5	18	18	17.5	17.5	17	17
(1600m) 200	40	39.5	39	38.5	38	37.5	37	36.5	36	35.5	35	34.5	34
(1600m) 300	60	59	58.5	57.5	57	56	55.5	54.5	54	53	53.5	53	52.5
(3200m) 300	68	67.5	66.5	66	65	65.5	64	63	62	61.5	60.5	60	59.5
(3200m) 400	91	90	89	88	87	86	85	84	83	82	81	80	79
(3200m) 500	1:54	1:52.5	1:51.5	1:50	1:48.5	1:47.5	1:46.5	1:45	1:44	1:42.5	1:41	1:40	1:38.5
(3200m) 600	2:17	2:15.5	2:14	2:12.5	2:11	2:09	2:08	2:06.5	2:05	2:03.5	2:02	2:00	1:57.5