

COUGAR TRACK & FIELD

2022 SPRING SEASON SPEED SCHEDULE

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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. forward fence hurdle
20 sec. backward fence hurdle
20 sec. lateral leg swings
20 sec. linear leg swings

POWER

3 x 8 High Pull (dumbbell)
3 x 8 Dbl Leg Box Jump
3 x 8 Kettle Bell Swing

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 Back Squat (barbell)/Goblet Squat (dumbbells)
3 x 8 Dead Lift (kettlebell)/Good Morning (dumbbell)
3 x 8 Calf Raises (dumbbells)
3 x 8 Hamstring Curl (band)
3 x 8 Hip Flexor Curl (band)
3 x 8 Quad Extension (band)

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

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

STRENGTH

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)

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

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)

COUGAR TRACK & FIELD

2022 SPRING SEASON SPEED SCHEDULE

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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. forward fence hurdle
20 sec. backward fence hurdle
20 sec. lateral leg swings
20 sec. linear leg swings

POWER

3 x 5 Clean/High Pull
3 x 5 Dbl Leg Depth Jump
3 x 5 Med Ball Deadlift Toss

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 anklng 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
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 military (PVC) walkover
2 x lateral hurdle military (PVC) walkover
2 x backward hurdle military (PVC) walkover

STRENGTH

3 x 5 Back Squat (barbell)/Goblet Squat
(dumbbells)
3 x 5 Dead Lift (barbell)/Good Morning
(dumbbell)
3 x 8 Calf Raises (dumbbells)
3 x 8 Hamstring Curl (band)
3 x 8 Hip Flexor Curl (band)
3 x 8 Quad Extension (band)

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 matix

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

STRENGTH

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)

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

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
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8. Lateral "x-country" switch step
9. Forward "icky shuffle"
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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)

2022 SPRING SEASON SPEED SCHEDULE

<p>FEB 6 Active rest. •Stretch.</p>	<p>7 <i>1ST DAY OF SEASON</i> ALL TEAM: 3:20PM</p> <p>MAX VELOCITY & SPEED ENDURANCE •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 recovery after each set. •1 x 80-100m @ 97% max velocity. •Speed Cool Down</p> <p>SKILL WORK •Horizontal Jumps •Pole Vault</p>	<p>8 ALL TEAM: 3:20PM</p> <p>INTENSIVE TEMPO •Capacity Prep •Jog to Calle La Messa. •2 x 80-100m STEEP HILL (Calle La Messa) @ 80% max effort w/ 90 sec. walk back recovery btwn reps. 8 minute standing recovery after set. •2 x 100-120m 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/ 90 sec. walk back recovery btwn reps. •Walk 5 min. back to track. •Capacity Cool Down</p> <p>SKILL WORK •High Jump</p>	<p>9 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO •Fitness Prep •3 x 150m @ 70% max velocity, walk 50m recovery btwn reps. •Fitness Cool Down</p> <p>SKILL WORK •Horizontal Jumps •Pole Vault</p>	<p>10 ALL TEAM: 3:20PM</p> <p>ACCELERATION & SPEED ENDURANCE •Speed Prep SPIKES ON •6 x 20m push starts (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk after set. •1 x 120m @ 97% max velocity w/ 5 min. walk recovery after rep. •3-4 x 80m @97% max velocity w/ 4 min. walk btwn reps. SPIKES OFF •Speed Cool Down</p> <p>SKILL WORK •Block Starts</p>	<p>11 ALL TEAM: 9:00AM</p> <p>EXTENSIVE TEMPO •Fitness Prep •4-6 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down</p> <p>SKILL WORK •High Jump</p>	<p>12 ALL TEAM: 9:00AM</p> <p>SPEED ENDURANCE & INTENSIVE TEMPO •Capacity Prep •1-2 x 80-100m "sprint-float-sprint" @ 97%-92%-97% max velocity w/ 5 minute walk recovery after each. •2 x 3 x 120-150m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. walk recovery after set. •Capacity Cool Down</p> <p>SKILL WORK •Pole Vault</p>
<p>FEB 13 Active rest. •Stretch.</p>	<p>14 ALL TEAM: 3:20PM</p> <p>MAX VELOCITY & SPEED ENDURANCE •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 recovery after each set. •1 x 100-120m @ 97% max velocity. •Speed Cool Down</p> <p>SKILL WORK •Horizontal Jumps •Pole Vault</p>	<p>15 ALL TEAM: 3:20PM</p> <p>INTENSIVE TEMPO •Capacity Prep •Jog to Calle La Messa. •2 x 2 x 100-120m STEEP HILL (Calle La Messa) @ 80% max effort w/ 2 min. walk back recovery btwn reps. 8 minute standing recovery after set. •3 x 80-100m STEEP HILL (Calle La Messa) @ 80% max effort w/ 90 sec. walk back recovery btwn reps. •Walk 5 min. back to track. •Capacity Cool Down</p> <p>SKILL WORK •High Jump</p>	<p>16 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO •Fitness Prep •2-3 x 100m @ 70% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. •Fitness Cool Down</p> <p>SKILL WORK •Horizontal Jumps •Pole Vault</p>	<p>17 ALL TEAM: 3:20PM</p> <p>ACCELERATION & SPEED ENDURANCE •Speed Prep SPIKES ON •6 x 20m push starts (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk after set. •1 x 120m @ 97% max velocity w/ 5 min. walk recovery after rep. •3-4 x 80m @97% max velocity w/ 4 min. walk btwn reps. SPIKES OFF •Speed Cool Down</p> <p>SKILL WORK •Block Starts</p>	<p>18 <i>NO SCHOOL</i> ALL TEAM: 9:00AM</p> <p>EXTENSIVE TEMPO •Fitness Prep •5-7 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down</p> <p>SKILL WORK •High Jump •Open Handoffs</p>	<p>19 ALL TEAM: 8:30AM</p> <p>•Speed Prep •Run 20+ min. RACE: Team Event Testing @ CHS •EASY run 20 min. •Speed cool down.</p>
<p>FEB 20 Active rest. •Stretch.</p>	<p>21 <i>NO SCHOOL</i> ALL TEAM: 3:20PM</p> <p>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 recovery after each set. •1 x 80-100m @ 97% max velocity w/ 5 min. walk recovery after rep. •1 x 80m @97% max velocity SPIKES OFF •Speed Cool Down</p> <p>SKILL WORK •Horizontal Jumps •Pole Vault</p>	<p>22 ALL TEAM: 3:20PM</p> <p>INTENSIVE TEMPO •Capacity Prep •Jog to Calle La Messa. •2 x 3 x 120-150m STEEP HILL (Calle La Messa) @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. •3 x 100-120m STEEP HILL (Calle La Messa) @ 80% max effort w/ 3 min. walk back recovery btwn reps. •Walk 5 min. back to track. •Capacity Cool Down</p> <p>SKILL WORK •High Jump</p>	<p>23 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO •Fitness Prep •2 x 3 x 150m @ 70% max velocity, walk 50m recovery btwn reps. walk 250m btwn sets. •Fitness Cool Down</p> <p>SKILL WORK •Horizontal Jumps •Pole Vault</p>	<p>24 ALL TEAM: 3:20PM</p> <p>ACCELERATION & SPEED ENDURANCE •Speed Prep SPIKES ON •6 x 20m push starts (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk after set. •1 x 120m @ 97% max velocity w/ 5 min. walk recovery after rep. •3-4 x 80m @97% max velocity w/ 4 min. walk btwn reps. SPIKES OFF •Speed Cool Down</p> <p>SKILL WORK •Block Starts</p>	<p>25 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO •Fitness Prep •6-9 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down</p> <p>SKILL WORK •High Jump •Blind Handoffs (50% speed)</p>	<p>26 ALL TEAM: 9:00AM</p> <p>SPEED ENDURANCE & INTENSIVE TEMPO •Capacity Prep •2-3 x 80-100m "sprint-float-sprint" @ 97%-92%-97% max velocity w/ 5 minute walk recovery after each. •2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. walk recovery after set. •Capacity Cool Down</p> <p>SKILL WORK •Pole Vault •4x100 Relay Handoffs</p>
<p>FEB 27 Active rest. •Stretch.</p>	<p>28 ALL TEAM: 3:20PM</p> <p>MAX VELOCITY & SPEED ENDURANCE •Speed Prep SPIKES ON •4 x 20m fly, 60m "sprint-float-sprint" 20m @ 97%-92%-97% max velocity, 30m decelerate w/ 4 min. walk back recovery after each rep. 6 minute walk recovery after set. •1 x 100-120m @ 97% max velocity w/ 5 min. walk recovery after rep. •1 x 80-100m @97% max velocity. SPIKES OFF •Speed Cool Down</p> <p>SKILL WORK •Horizontal Jumps •Pole Vault</p>	<p>MARCH 1 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO •Fitness Prep •3-4 x 100m @ 70% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. •Fitness Cool Down</p> <p>SKILL WORK •High Jump</p>	<p>2 ALL TEAM: 3:05PM</p> <p>Scrimmage Meet vs. College Park, Miramonte @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. •Speed Prep RACE: •Speed cool down.</p>	<p>3 ALL TEAM: 3:20PM</p> <p>ACCELERATION & INTENSIVE TEMPO •Fitness Prep •Capacity Prep •6 x 20m push starts (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk after set. •2 x 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps. 9 min. walk recovery after set. •Capacity Cool Down</p> <p>SKILL WORK •Horizontal Jumps</p>	<p>4 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO •Fitness Prep •7-10 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down</p> <p>SKILL WORK •High Jump •Blind Handoffs (50% speed)</p>	<p>5 ALL TEAM: 9:00AM</p> <p>SPEED ENDURANCE & INTENSIVE TEMPO •Capacity Prep •2-3 x 80-100m "sprint-float-sprint" @ 97%-92%-92% max velocity w/ 5 minute walk recovery after each. •2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. walk recovery after set. •Capacity Cool Down</p> <p>SKILL WORK •Pole Vault •4x100 Relay Handoffs</p>

2022 SPRING SEASON SPEED SCHEDULE

MARCH 6 Active rest. *Stretch.	7 ALL TEAM: 3:20PM 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 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 SKILL WORK *Horizontal Jumps *Pole Vault	8 ALL TEAM: 3:20PM EXTENSIVE TEMPO *Fitness Prep 3 x 300m @ 70% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery. *Fitness Cool Down SKILL WORK *High Jump	9 ALL TEAM: 3:05PM DAL Meet vs. Miramonte @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. *Speed Prep RACE: *Speed cool down.	10 ALL TEAM: 3:20PM 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. walk recovery btwn sets. *Capacity Cool Down SKILL WORK *Horizontal Jumps	11 <i>CHOIR MUSICAL</i> ALL TEAM: 3:20PM EXTENSIVE TEMPO *Fitness Prep 7-10 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down SKILL WORK *High Jump	12 <i>CHOIR MUSICAL SAT TEST DATE</i> ALL TEAM: 9:00AM SPECIAL ENDURANCE 1 *Speed Prep 1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 150-180m @ 97% max velocity w/ 8 min. walk recovery after rep. 1 x 120-150m @ 97% max velocity. *Speed Cool Down SKILL WORK *Pole Vault
MARCH 13 Active rest. *Stretch.	14 ALL TEAM: 3:20PM 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 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 SKILL WORK *Horizontal Jumps *Pole Vault	15 ALL TEAM: 3:20PM EXTENSIVE TEMPO *Fitness Prep 6 x 150m @ 70% max velocity, walk 50m recovery btwn reps. *Fitness Cool Down SKILL WORK *High Jump	16 ALL TEAM: 3:05PM DAL Meet vs. Northgate @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. *Speed Prep RACE: *Speed cool down.	17 ALL TEAM: 3:20PM ACCELERATION & INTENSIVE TEMPO *Capacity Prep 6 x 20m push starts (working on drive phase) @ 97% effort w/ 3 min. btwn each rep. 5 min. walk after set. 2 x 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. *Capacity Cool Down SKILL WORK *Horizontal Jumps	18 <i>NO SCHOOL CHOIR MUSICAL</i> ALL TEAM: 9:00AM EXTENSIVE TEMPO *Fitness Prep 8-10 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down SKILL WORK *High Jump	19 <i>CHOIR MUSICAL</i> ALL TEAM: 9:00AM SPEED ENDURANCE & INTENSIVE TEMPO *Capacity Prep 2-3 x 80-100m sprint-float-sprint @ 97%-92%-92% max velocity w/ 5 minute walk recovery after each. 2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. *Capacity Cool Down SKILL WORK *Pole Vault *4x100 Relay Handoffs
MARCH 20 Active rest. *Stretch.	21 ALL TEAM: 3:20PM 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 recovery after 1st set, 10 min. walk recovery after 2nd set. 1 x 200-220m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 120-150m @ 97% max velocity. SPIKES OFF *Speed Cool Down SKILL WORK *Horizontal Jumps *Pole Vault	22 ALL TEAM: 3:20PM EXTENSIVE TEMPO *Fitness Prep 3 x 300m @ 70% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery. *Fitness Cool Down SKILL WORK *High Jump	23 ALL TEAM: 1:40PM DAL Meet vs. Clayton Valley @ CVHS Competitors excused at 1:40pm. Bust departs at 1:50pm. *Speed Prep RACE: *Speed cool down.	24 ALL TEAM: 3:20PM 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. walk recovery btwn sets. *Capacity Cool Down SKILL WORK *Horizontal Jumps	25 ALL TEAM: 3:20PM EXTENSIVE TEMPO *Fitness Prep 8-10 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down SKILL WORK *High Jump	26 ALL TEAM: 9:00AM SPECIAL ENDURANCE 1 *Speed Prep 1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 150-180m @ 97% max velocity w/ 8 min. walk recovery after rep. 1 x 120-150m @ 97% max velocity. *Speed Cool Down SKILL WORK *Pole Vault
MARCH 27 Active rest. *Stretch.	28 ALL TEAM: 3:20PM 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 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 SKILL WORK *Horizontal Jumps *Pole Vault	29 ALL TEAM: 3:20PM EXTENSIVE TEMPO *Fitness Prep 6 x 150m @ 70% max velocity, walk 50m recovery btwn reps, walk 250m btwn sets. *Fitness Cool Down SKILL WORK *High Jump	30 ALL TEAM: 1:40PM DAL Meet vs. Las Lomas @ LLHS Competitors excused at 1:40pm. Bust departs at 1:50pm. *Speed Prep RACE: *Speed cool down.	31 ALL TEAM: 3:20PM ACCELERATION & INTENSIVE TEMPO *Capacity Prep 6 x 20m push starts (working on drive phase) @ 97% effort w/ 3 min. btwn each rep. 5 min. walk after set. 2 x 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. *Capacity Cool Down SKILL WORK *Horizontal Jumps	APRIL 1 ALL TEAM: 3:20PM EXTENSIVE TEMPO *Fitness Prep 8-10 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down SKILL WORK *High Jump	2 SELECT ATHLETES: TBA West Coast Relays @ BHS NO BUS. Get yourself to Buchanan HS by time indicated on meet lineup. *Speed Prep RACE: *Speed cool down. — OTHER ATHLETES: ON OWN SPEED ENDURANCE & INTENSIVE TEMPO *Capacity Prep 2-3 x 80-100m sprint-float-sprint @ 97%-92%-92% max velocity w/ 5 minute walk recovery after each. 2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. *Capacity Cool Down SKILL WORK *Pole Vault

2022 SPRING SEASON SPEED SCHEDULE

<p>APRIL 3 Active rest. *Stretch.</p>	<p>APRIL 4 <i>NO SCHOOL</i> ALL TEAM: ON YOUR OWN</p> <p>MAX VELOCITY OR SPECIAL ENDURANCE 2</p> <ul style="list-style-type: none"> *Speed Prep SPIKES ON Short Speed Group: <ul style="list-style-type: none"> *2 x 3 x 20m fly, 40m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk recovery btwn sets Long Speed Group: <ul style="list-style-type: none"> *1 x 250-280m @ 400m goal pace w/ 12 min. walk recovery after rep. *1 x 220-250m @ 400m goal pace w/ 10 min. walk recovery after rep. *1 x 120-150m @ 97% max velocity. SPIKES OFF *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Horizontal Jumps *Pole Vault 	<p>5 <i>NO SCHOOL</i> ALL TEAM: ON YOUR OWN</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *3 x 300m @ 70% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery. *Fitness Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *High Jump 	<p>6 <i>NO SCHOOL</i> ALL TEAM: ON YOUR OWN</p> <ul style="list-style-type: none"> *Speed Prep *3 x 4 x 60m @ 95% effort, 40m @ 60% effort, 50m walk, 50m jog. Continuous around track, 60m/40m on straight, 50m/50m on turn. 3 min. walk recovery btwn sets. *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Pole Vault 	<p>7 <i>NO SCHOOL</i> ALL TEAM: ON YOUR OWN</p> <p>SHORT SPEED ENDURANCE</p> <ul style="list-style-type: none"> *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. walk recovery btwn sets. *Capacity Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Horizontal Jumps 	<p>8 <i>NO SCHOOL</i> ALL TEAM: ON YOUR OWN</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *8-10 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *High Jump 	<p>9 ALL TEAM: ON YOUR OWN</p> <p>SPECIAL ENDURANCE 1</p> <ul style="list-style-type: none"> *Speed Prep *1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. *1 x 150-180m @ 97% max velocity w/ 8 min. walk recovery after rep. *1 x 120-150m @ 97% max velocity. *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Pole Vault
<p>APRIL 10 Active rest. *Stretch.</p>	<p>11 ALL TEAM: 3:20PM</p> <p>MAX VELOCITY OR SPECIAL ENDURANCE 2</p> <ul style="list-style-type: none"> *Speed Prep SPIKES ON Short Speed Group: <ul style="list-style-type: none"> *2 x 3 x 20m fly, 40m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk recovery btwn sets Long Speed Group: <ul style="list-style-type: none"> *1 x 280-300m @ 400m goal pace w/ 15 min. walk recovery after rep. *1 x 250-280m @ 400m goal pace. SPIKES OFF *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Horizontal Jumps *Pole Vault 	<p>12 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *4 x 150m @ 70% max velocity, walk 50m recovery btwn reps, walk 250m btwn sets. *Fitness Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *High Jump 	<p>13 ALL TEAM: 3:20PM</p> <p>MAX VELOCITY OR SPECIAL ENDURANCE 2</p> <ul style="list-style-type: none"> *Speed Prep SPIKES ON Short Speed Group: <ul style="list-style-type: none"> *3 x 4 x 20m fly, 60m @ 97% max velocity, 30m decelerate w/ 5 min. walk back recovery after each rep. 10 minute walk recovery btwn sets. Long Speed Group: <ul style="list-style-type: none"> *6-7 x 100m @ 400m goal pace with 50m walk back recovery btwn reps SPIKES OFF *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Pole Vault 	<p>14 ALL TEAM: 3:20PM</p> <p>INTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Capacity Prep *3 x 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. *Capacity Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Horizontal Jumps 	<p>15 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *6-8 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *High Jump 	<p>16 ALL TEAM: PM TBA</p> <p>Bob Warren Relays @ AHS NO BUS. Get yourself to Acalanes HS by time indicated on meet lineup. *Speed Prep RACE: *Speed cool down.</p>
<p>APRIL 17 Active rest. *Stretch.</p>	<p>18 ALL TEAM: 3:20PM</p> <p>MAX VELOCITY OR SPECIAL ENDURANCE 2</p> <ul style="list-style-type: none"> *Speed Prep SPIKES ON Short Speed Group: <ul style="list-style-type: none"> *2 x 3 x 20m fly, 40m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk recovery btwn sets Long Speed Group: <ul style="list-style-type: none"> *1 x 300-320m @ 400m goal pace w/ 12 min. walk recovery after rep. *1 x 280-300m @ 400m goal pace. SPIKES OFF *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Horizontal Jumps *Pole Vault 	<p>19 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *3 x 100m @ 70% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. *Fitness Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *High Jump 	<p>20 ALL TEAM: 1:40PM</p> <p>DAL Meet vs. Acalanes @ AHS Competitors excused from class at 1:40PM. Bus leaves CHS at 1:50PM. *Speed Prep RACE: *Speed cool down.</p>	<p>21 ALL TEAM: 3:20PM</p> <p>INTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Capacity Prep *3 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. *Capacity Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Horizontal Jumps 	<p>22 ALL TEAM: TBA</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *6-8 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. *Fitness Cool Down 	<p>23 <i>JUNIOR PROM</i> ALL TEAM: 9:00AM</p> <p>SPECIAL ENDURANCE 1</p> <ul style="list-style-type: none"> *Speed Prep *1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. *1 x 150-180m @ 97% max velocity w/ 8 min. walk recovery after rep. *1 x 120-150m @ 97% max velocity. *Speed Cool Down
<p>APRIL 24 Active rest. *Stretch.</p>	<p>25 ALL TEAM: 3:20PM</p> <p>MAX VELOCITY OR SPECIAL ENDURANCE 2</p> <ul style="list-style-type: none"> *Speed Prep SPIKES ON Short Speed Group: <ul style="list-style-type: none"> *2 x 3 x 20m fly, 40m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk recovery btwn sets Long Speed Group: <ul style="list-style-type: none"> *1 x 300-320m @ 400m goal pace w/ 12 min. walk recovery after rep. *1 x 280-300m @ 400m goal pace. SPIKES OFF *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Horizontal Jumps *Pole Vault 	<p>26 ALL TEAM: 3:20PM</p> <p>EXTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Fitness Prep *4 x 150m @ 70% max velocity, walk 50m recovery btwn reps, walk 250m btwn sets. *Fitness Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *High Jump 	<p>27 ALL TEAM: 3:20PM</p> <ul style="list-style-type: none"> *Speed Prep *3 x 4 x 60m @ 95% effort, 40m @ 60% effort, 50m walk, 50m jog. Continuous around track, 60m/40m on straight, 50m/50m on turn. 3 min. walk recovery btwn sets. *Speed Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *Pole Vault 	<p>28 ALL TEAM: 3:20PM</p> <p>INTENSIVE TEMPO</p> <ul style="list-style-type: none"> *Capacity Prep *2 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. *Capacity Cool Down <p>SKILL WORK</p> <ul style="list-style-type: none"> *High Jump *Horizontal Jumps 	<p>29 ALL TEAM: 3:20PM</p> <p>ACTIVE RECOVERY</p> <ul style="list-style-type: none"> *Team Meeting / Competition Preview *Fitness Prep *Active Recovery Activity *Fitness Cool Down 	<p>30 <i>SENIOR BALL</i> ALL TEAM: 10:00AM-4:00PM</p> <p>DAL Championship Trials @ CHS Non-competing athletes will be assigned meet hosting job shifts. *Speed Prep RACE: *Speed cool down.</p>

2022 SPRING SEASON SPEED SCHEDULE

MAY 1 Active rest. •Stretch.	2 AP TEST DATE ALL TEAM: 3:20PM MAX VELOCITY •Speed Prep SPIKES ON •2 x 3 x 20m fly, 40m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep, 6 minute walk recovery btwn sets. SPIKES OFF •Speed Cool Down SKILL WORK •Horizontal Jumps •Pole Vault	3 AP TEST DATE ALL TEAM: 3:20PM EXTENSIVE TEMPO •Fitness Prep •3 x 100m @ 70% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. •Fitness Cool Down SKILL WORK •High Jump	4 AP TEST DATE ALL TEAM: 3:20PM MAX VELOCITY OR SPECIAL ENDURANCE 2 •Speed Prep SPIKES ON Short Speed Group: •3 x 4 x 20m fly, 60m @ 97% max velocity, 30m decelerate w/ 5 min. walk back recovery after each rep, 10 minute walk recovery btwn sets. Long Speed Group: •6-7 x 100m @ 400m goal pace with 50m walk back recovery btwn reps. SPIKES OFF •Speed Cool Down SKILL WORK •Pole Vault	5 AP TEST DATE ALL TEAM: 3:20PM EXTENSIVE TEMPO •Fitness Prep •4 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down SKILL WORK •High Jump •Horizontal Jumps	6 AP TEST DATE ALL TEAM: 3:20PM ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	7 ALL TEAM: 10:00AM-4:00PM DAL Championship Finals @ CHS Non-competing athletes will be assigned meet hosting job shifts. •Speed Prep RACE: •Speed cool down.
MAY 8 Active rest. •Stretch.	9 AP TEST DATE VARSITY: 3:20PM EVENT SPECIFIC •Speed Prep SPIKES ON •Event Work: Relay exchanges, block starts, run-throughs, etc. SPIKES OFF •Speed Cool Down SKILL WORK •High Jump •Horizontal Jumps •Pole Vault	10 AP TEST DATE VARSITY: 3:20PM ACTIVE RECOVERY •Capacity Prep •Active Recovery Activity •Capacity Cool Down	11 AP TEST DATE VARSITY: 3:20PM INTENSIVE TEMPO •Capacity Prep •2 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. 800m walk recovery after set. •Capacity Cool Down SKILL WORK •Pole Vault	12 AP TEST DATE VARSITY: 3:20PM EXTENSIVE TEMPO •Fitness Prep •4 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down SKILL WORK •High Jump •Horizontal Jumps	13 AP TEST DATE VARSITY: 3:20PM ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	14 VARSITY: AM TBA NCS Tri-Valley Finals @ FHS NO BUS. Get yourself to Foothill HS at time indicated on meet lineup. •Speed Prep RACE: •Speed cool down.
MAY 15 Active rest. •Stretch.	16 VARSITY: 3:20PM EVENT SPECIFIC •Speed Prep SPIKES ON •Event Work: Relay exchanges, block starts, run-throughs, etc. SPIKES OFF •Speed Cool Down	17 VARSITY: 3:20PM ACTIVE RECOVERY •Capacity Prep •Active Recovery Activity •Capacity Cool Down	18 VARSITY: 3:20PM EXTENSIVE TEMPO •Fitness Prep •4 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down	19 VARSITY: 3:20PM ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	20 VARSITY: PM TBA NCS MOC Trials @ DHS Parent carpool athletes to Dublin HS at time indicated on meet lineup. •Speed Prep RACE: •Speed cool down.	21 VARSITY: PM TBA NCS MOC Finals @ DHS NO BUS. Get yourself to Dublin HS at time indicated on meet lineup. •Speed Prep RACE: •Speed cool down.
MAY 21 Active rest. •Stretch.	23 FINAL EXAMS VARSITY: 3:20PM EVENT SPECIFIC •Speed Prep SPIKES ON •Event Work: Relay exchanges, block starts, run-throughs, etc. SPIKES OFF •Speed Cool Down	24 FINAL EXAMS VARSITY: 3:20PM ACTIVE RECOVERY •Capacity Prep •Active Recovery Activity •Capacity Cool Down	25 FINAL EXAMS VARSITY: 3:20PM EXTENSIVE TEMPO •Fitness Prep •4 x 100m @ 75% max velocity w/ walk back 50m recovery btwn reps. •Fitness Cool Down	26 FINAL EXAMS VARSITY: 3:20PM ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	27 NO SCHOOL VARSITY: PM TBA CIF Trials @ Buchanan HS •Speed Prep RACE: •Speed cool down.	28 SAT TEST DATE VARSITY: PM TBA CIF Finals @ Buchanan HS •Speed Prep RACE: •Speed cool down.

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 last 200.

Max Velocity Focus on utilizing 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 leg moving forward as soon as possible. Maintain pelvic stability. 20-40m zone.

2022 SPRING SEASON **SPEED** SCHEDULE

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 break down 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.