

# CHAMPIONS ARE MADE IN THE OFF-SEASON!!

## **Off Season Training Program for 100, 200, 400 meter runners & Hurdlers/Jumpers**

November      November      November      November      November      November      November

### **Themes: Building running base, begin plyometrics & lifting**

**Running:** This is the month to begin building a strong aerobic base for future training in the spring. Your running should focus on 20-30 minute runs (30 minutes for 400 runners). I would recommend 2-3 of these per week. As the month progresses, your runs should get closer to the 30 minute range (35-40 minutes for 400 runners) than to 20 minutes. The pace should be relaxed and shouldn't leave you wiped out. Once per week you should do a threshold run such as 6x200 or 4x400. These runs are great for building endurance. If you can only do one run per week, this is the one to do. If you are a returning runner, you may consider adding an interval workout once in a while this month. Total running days should be between 4 and 6 days. Do not add any speed work this month. As it gets colder, those of you who don't like winter running will find the recreation building at the University (by Kinnick Stadium) is a great place to work out. It is open to public after 5:00 on weekdays, earlier on weekends

**Lifting:** You also should begin making weight lifting a part of your weekly schedule. Start out going twice per week, but by the end of the month you should be up to 3 times per week. Try lifting on a rest day, or one of the 30 minute easy run days. You should focus on general strength at this time. Lifts will be posted in the weight room. Do not do leg extensions until I have said to begin them. Remember the focus of lifting is not only to get stronger and faster, but mostly to **PREVENT INJURIES!!!!** For sprinters, this is the most important part of the winter training. If you can only lift OR run, then lift. Simply put.....DO IT!

**Plyometrics:** Plyometrics will also begin on the 1st of this month. They will be held on Tuesday at 3:25 and Thursday at 2:25 in the balcony of the old gym across from the study hall. The first several weeks of plyo's will be fairly low intensity to give your bodies time to adjust to the work load. It is a good idea to get a group of people together after these workout for a run or lifting session.

**Ab Work:** High jumpers and long jumpers should do the ab workouts posted in the weight room as well

**Hurdlers:** Begin doing some of the hurdle stationary drills towards the end of the month and continue the next 2 months.

December      December      December      December      December      December      December

### **Themes: Begin speed endurance training, more intense strength training**

**Running:** After four weeks of base building, you should be ready to add a bit more interval type work into your workouts. I would still recommend at least 2-3 easier runs of 30 minutes (40 for 400 runners) AND the threshold runs from the November plan, but you should add in 1 shorter-faster run as well. Some examples of these shorter-faster runs are on the back page. 400 runners should do these same types of workouts, but add 15 seconds to the times. These workouts should make you work hard!. Always remember to do a proper warm-up, stretch, and cool-down as a part of these workouts!!! Some of you may consider adding a speed workout during the last two weeks of the month.

**Lifting:** You should be lifting 3 days per week at this point. Your lifting should be getting more intense. Begin adding weight to your lifts and really focus on building POWER! You won't get any stronger simply doing the same lifts with the same weight. You will want to add some lower body lifts to your workout. Again, try to lift on your rest days or your easy running days.

**Plyometrics:** We will begin to add some more drills at a higher intensity during the month of December.

**Basketball players should focus on lifting lower body during your normal weight workouts. You also need to get out for a 30-40 minute run once per week, and a threshold run once per week on the indoor track. This won't harm your basketball performance and will make the transition to track much easier!**

January

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### Themes: Increase intensity, stay mentally sharp

**Running:** Your running will remain very similar to last month. If there is a difference, it should be to add more endurance types of activities to your running program, similar to your November workouts. Track is a long season, with plenty of time to work on your speed. You may want to have two threshold workouts in a week instead of one interval and one threshold workout as you did in December. This month you should be able to add one workout from the speed group once per week. You also should feel an overall increase in intensity during this month so that you are going farther in the same amount of time during your easy runs, and covering any interval distances in a faster time.

**Lifting:** Continue lifting 3 days per week. Add weight to your lifts. Come in to this season stronger than you ever have!

**Plyometrics:** We will continue to work these twice per week as well as bump up the intensity of our sessions.

February

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February

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February

### Themes: Season begins on February 6th!!

**REMEMBER:** An important key is to listen to your body during this off-season time. If it tells you to take a day off, do it. If you feel an injury coming on cut back on your running and see the school trainer. Also, be creative. If you can't bear going on a 30 minute run or running hills, improvise: ride your bike, swim, roller blade, or Nordic track. Whatever happens, don't come into the season feeling stale, wiped out, and unmotivated to run—enjoy yourself!! If you have questions, call me (339-1029) or e-mail ([colemantjc@mchsi.com](mailto:colemantjc@mchsi.com)) anytime.

### Hurdlers, Jumpers, 100, 200, & 400m Sprinters

#### THRESHOLD WORKOUTS

70-75% effort. Distances from 100m - 400m, short rest (30-90 seconds), 1200m-2000m total distance. These are designed to increase your ability to finish races strong.

- ➤ For all of these workouts, you should do a warm-up of 10 minutes of easy jogging followed by some stretching. Cool down with 5 minutes of easy jogging. As you get in better shape, before your cool down, you should rest 6-8 minutes after the workout and do one FAST interval (either a 100 or 200).
- ➤ 7-10x200 meters @ 43 -55 second pace. 30 40 seconds rest between.
- ➤ 6-8 Hills of at least 150m. Jog down for rest.
- ➤ 4-6x300 meters @ 70-85 second pace. 45 seconds rest between.
- ➤ 3-4 x (200, 150, 100). 200 in 43-50 seconds then 30 seconds rest, 150 in 31-37 seconds with 20 seconds rest, 100 in 20-25 seconds with 15 seconds rest. Take 2 minute rest between sets.

#### ENDURANCE WORKOUTS

60-70% effort. Total distance should get up to 3-3.5 miles or 30 minutes. 400 runners should be up to 40 minutes. These workouts will build the base needed to benefit from the other workouts we will be doing,

- ➤ Easy runs: these should be done at a steady pace where you could carry on a conversation for the first half of the run. Second half you should be able to speak in single sentences.
- ➤ Fartlek run: as you run, change speed. Go faster for 30 seconds, slower for 30. Mix it up.
- ➤ On a track you could run the straights & jog the curves, do 10-12 x 300m (easy pace with 1 minute rest)
- ➤ When you are short on time, go out for 15 minutes where you run harder for 20 seconds and jog for 40 seconds. Repeat 15 times.

## **INTERVAL WORKOUTS**

80-95% effort. Distances from 100m – 400m, with a longer recovery than threshold runs. Total distance is 600m-1800m. These workouts will allow you to sustain a hard effort over a long period of time.

- ➤ For all of these workouts, you should do a warm-up of 10 minutes of easy jogging followed by some stretching. Also do some form running (high knees, etc.) and some accelerations. Cool down with 5 minutes of easy jogging.
- ➤ 4x100, 3x75, 2x50 1-2 min rest
- ➤ 2x300, 2x200, 2x100 3 min, 2 min, 1 min rest
- ➤ 2x200, 2x250, 1x300, 2x250, 2x200
- ➤ 10x100 in 10 minutes run a 100 get rest of minute to jog back before next 100 starts
- ➤ 8x200m with cut down rest.
- ➤ 60 second 400's. (200/200 or 300/100)
- ➤ Ladder workout

## **SPEED WORKOUTS**

90-100% effort. Distances from 50m – 300m with almost a complete recovery. Total distance from 300m – 800m. The workouts are designed to improve maximum speed.

- ➤ For all of these workouts, you should do a warm-up of 10 minutes of easy jogging followed by some stretching. Also do some form running (high knees, etc.) and some accelerations. Cool down with 5 minutes of easy jogging.
- ➤ 50m-75m accelerations
- ➤ 150 buildups first 50 @ 70% effort next 50 @ 85%, effort last 50 all out
- ➤ 3X200m, pr + 2 seconds, 6 min. rest
- ➤ 8x50m, 95% effort, 3 minutes rest
- ➤ 3-4 x 100m, 95% effort, 5 min. rest

## **HURDLERS SPECIAL**

There are several flexibility and technique drills that hurdles could be doing in the off season. There is a full list posted in the plyo room, and there will be some groups beginning these towards the end of November

## **JUMPERS SPECIAL**

In the weight room and in the plyo room there will be a list of additional plyo and abdominal work that people interested in high jump and long jump should begin doing after a month or so of normal plyos and weight lifting.

## **CROSS TRAINING**

Any of the options listed here could be done as a cross training workout on a bike or in the pool. If you have questions talk to me or Coach Mittman.

**IF YOU ARE JUST STARTING YOUR TRAINING, BE SURE TO START SLOWLY AND ADD MORE WORK AS YOU GET IN BETTER SHAPE.**