

FALCON TRACK & FIELD

2008 SPRING SEASON SP SCHEDULE

MONDAY through FRIDAY track & field team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED WARM-UP

Used for competition & high intensity training sessions

• 400m EASY run

15 x front leg swings
15 x side leg swings

• 2 x 60m strides @ 70%

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 2 x 60m strides @ 70%

2 x 20m forward "h" A skips
2 x 20m forward knee lift
2 x 20m forward heel lift

• 4 x 60m accelerations (focus on posture, pelvic tilt, knee lift & foot acceleration) -accelerate to 80%, 85%, 90%, 95% max velocity.

2 x 20m forward straight leg scissor
2 x 20m forward "quick lift" skip
2 x 20m forward "quick lift" ankling

• 4 x 60m progressive accelerations @ 80, 85, 90, 95%

SPEED COOL DOWN

• 800m MEDIUM run

A: 2 x 20m forward lunge (progress to lunge dip)
2-4 x lunge matrix

B: 2 x 20m backward lunge twist
2-4 x lunge matrix

• 400m EASY run

• 6 minute abdominal circuit- continues 60 seconds per activity:
scoops, thrusts, forearm to thigh, alternate reach, marching, crunches, fingertips to wrists, etc.

Stretch circuit

STRENGTH ROUTINE

4 minute plank drill- continuous rotation: front-plank/side-plank/back-plank/pushups

4 minute abdominal circuit- continues 60 seconds per activity:
scoops, thrusts, forearm to thigh, alternate reach, marching, crunches, fingertips to wrists, etc.

CAPACITY WARM-UP

• 400m EASY run backward on straights, forward on turns

9 x 40-60m jog / strength circuit:

- hip/trunk rotations (on back, shoulders flat)
- chest raises (3 count: squeeze but, tighten back, lift)
- side leg lifts, hip rotations (side lift, toe & knee turn, "h"s)
- fingertip push-ups
- pistons (prone, alternate lift to "h" position)
- triceps dips (hips up, bend elbows)
- hurdle position leg lifts (sit up, lift straight leg)
- scorpion leg curl (on hands & knees, drive heel to sky)
- front planks

Jog Variation Between Each:

- Jog with 360 turns x 2
- Skip with 360 turns x 2
- Jog forward with lateral crossover steps x 2
- Jog forward with lateral wide steps x 2

2 x 20m lateral "h" skip
2 x 20m forward "quick lift" ankling

4 x 60m progressive accelerations @ 70, 75, 80, 85%

FITNESS WARM-UP

• 400m easy run

9 x 40-60m jog / strength circuit:

- knee bent oscillating heel reach
- scorpion trunk twist (prone, drive heel to opposite hand)
- hydrants (on hands & knees, lift knee & shin at side)
- suitcases
- fingertip push-ups
- leg lifts (on back, straight leg hold)
- tables (inverted on heels and hands, hips up)
- mountain climbers
- side planks

Jog Variation Between Each:

- Jog with 360 turns x 2
- Skip with 360 turns x 2
- Jog forward with lateral crossover steps x 2
- Jog forward with lateral wide steps x 2

2 x 30m forward "h" steps

BAREFOOT COOL DOWN

2 x 20-30m barefoot drills

- crazy feet (toes up/out, toes up/in, heels up/out, heels up/in)
- ankling quick feet (activate hip flexor & dorsa flex feet)

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
FEB 3 Rest	FEBRUARY 4 Fitness warm-up Start at top of turn 4x100,200 at 70%, walk across field recovery walk 200 rest Cool down barefoot Extensive Tempo Improves aerobic and anaerobic capacity and vo2max	5 Speed warm-up 2x3x30 w/20m fly at 98% 3', 6' 1x80m at 98% 5' Cool down speed Max Velocity Improves Creatine Phosphate utilization Speed Endurance	6 Capacity wm-up 2x120m at 80% 1'30", 8" 2x150m at 80% 2', 8" 2x120m at 80% 1'30", 8" 3 laps cool down Strength routine Intensive Tempo Improves Lactate capaci- ty	7 Fitness warm-up Workout - 8-12x200m at VO2max pace Equal time recovery Cool down – 1600m run Cool down barefoot Extensive Tempo	8 Speed warm-up 6x20m push starts at 100% 5' 4x80m at 98% 3', 6' Cool down speed Acceleration Standing acceleration with emphasis on push action Speed Endurance	9 Capacity wm-up 2x3x120m at 80% 2', 8" 1x3x100 5' at 90% 3 laps cool down Strength routine Intensive Tempo Speed Endurance Anaerobic power – maximize glycolysis with little lactate interference
FEB 10 Rest	11 Fitness warm-up 2x4x150 at 70% walk 50 between reps and 250 after sets Cool down barefoot Extensive Tempo	12 Speed warm-up 2x3x30 w/20m fly at 98% 1x120m at 98% 3', 6' Cool down speed Max Velocity Speed Endurance	13 Capacity wm-up 3x3x150m at 80% 2', 8" 3 laps cool-down Strength routine Intensive Tempo	14 Fitness warm-up Workout - 8-10x300m at VO2max pace Equal time recovery Cool down – 1600m run Cool down barefoot Extensive Tempo	15 Speed warm-up 6x20m push starts at 100% 1x120 at 98% 5' 4x80m at 98% 4' Cool down speed Acceleration Speed Endurance	16 Capacity wm-up 2x3x150m 75, 80,85% 2'30", 8" 3 laps cool down Strength routine Intensive Tempo
FEB 17 Rest	18 Fitness warm-up 5x100,200 at 70% walk across field recovery walk 200 rest Cool down barefoot Extensive Tempo	19 Speed warm-up 2x3x30 w/20m fly at 98% 3', 6' 1x100 at 98% 5' 1x80m at 98% 5' <i>Horizontal Jumps</i> Cool down speed Max Velocity Speed Endurance	20 Capacity wm-up 2x3x180m at 80% 3', 10' 2x150m at 80% 2', 8" 3 laps cool down Strength routine Intensive Tempo	21 Fitness warm-up Workout - 6-8x400m at VO2max pace Equal time recovery Cool down – 1600m run Cool down barefoot Extensive Tempo	22 Event Testing 300m 1200m Long Jump Shot Put	23 Capacity wm-up 3x3x150m at 80% 3', 10' 3 laps cool down Strength routine Intensive Tempo
FEB 24 Rest	25 Speed warm-up 2x3x30 w/20m fly at 98% 3', 6' 1x120 at 98% 7' 1x100 at 98% <i>Horizontal jumps</i> Cool down speed Max Velocity Speed Endurance	26 Fitness warm-up 7x200m at 70%, diago- nal walk recovery Cool down barefoot Extensive Tempo	27 Speed warm-up 1x120m (40 hit, 40 float, 40 hit) 1x3x150 at 80% 3', 6' Cool down speed Speed Endurance Intensive Tempo	28 Capacity wm-up 3x3x180m at 80% 3', 10' 3 laps cool down Strength routine Intensive Tempo	29 Fitness warm-up Workout – 4-6x500m at VO2max pace Equal time recovery Cool down – 1600m run Cool down barefoot Extensive Tempo	MARCH 1 Speed warm-up 5-6x100m at 98% 6' Cool down speed Speed Endurance

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
MAR 2 Rest	MARCH 3 Speed warm-up 2x3x30 w/20m fly at 98% 3', 6' 1x180 at 98% 10' 1x150 at 98% <i>Horizontal jumps</i> Cool down speed Spikes Max Velocity Special Endur. I Glycolysis moderate lactate build-up, minimal interference	4 Fitness warm-up 3x4x150m at 70% walk 50 between reps and 250 after set Cool down barefoot Extensive Tempo	5 Speed warm-up 1x200 at 98% 10' 1x180 at 98% 8' 1x150 at 98% 4x1 relay work Horizontal jumps Cool down speed Special Endur. I	6 Capacity wm-up 2x3x200m at 80% 3', 10' 3 laps cool down Strength routine Intensive Tempo	7 Fitness warm-up Workout - 10-12x200m at VO2max pace Equal time recovery Cool down - 1600m run Cool down barefoot Extensive Tempo	8 Speed warm-up 5-6x100m at 98% 6' Cool down speed Speed Endurance
MAR 9 Rest	10 Speed warm-up 2x3x30 w/20m fly at 98% 1'30", 6' 10 min rest after 2 nd set 1x200 at 98% 10' 1x150 at 98% <i>Horizontal jumps</i> Cool down speed Spikes Short Speed End. Special Endur. I	11 Fitness warm-up 7x100m at 70% walk back 50 recovery 4x1 relay work Cool down barefoot Extensive Tempo	12 RACE: DFAL Meet vs. Northgate	13 Capacity wm-up 1x3x200m at 80% 3', 10' 1x3x150m at 80% 3' 3 laps cool down Strength routine Intensive Tempo	14 Fitness warm-up Workout - 8-10x300m at VO2max pace Equal time recovery Cool down - 1600m run Cool down barefoot Extensive Tempo	15 RACE: Bay Area Distance Festival @ Amador Valley HS
MAR 16 Rest	17 Fitness warm-up 3x4x150m at 70% walk 50 between reps and 250 after set Cool down barefoot Extensive Tempo	18 Speed warm-up 2x3x30 w/20m fly at 98% 1'30", 6' 10 min rest after 2 nd set 1x220 at 98% 10' 1x150 at 98% 6' Cool down speed <i>Horizontal jumps</i> Spikes Short Speed End. Special Endur. I	19 Capacity wm-up 3x3x200m at 80% 3', 10' 3 laps cool down Strength routine Intensive Tempo	20 Fitness warm-up Workout - 6-8x400m at VO2max pace Equal time recovery Cool down - 1600m run Cool down barefoot Extensive Tempo	21 Speed warm-up 1x220 at 98% 10' 2x3x60m at 90% 1'30", 10' Horizontal jumps Cool down speed Special Endur. I Short Speed End.	22 Capacity wm-up 3x3x200m at 85% 3', 10' 3 laps cool down Strength routine Intensive Tempo
MAR 23 Rest	24 Fitness warm-up 7x100m at 70% walk back 50 recovery Cool down barefoot Extensive Tempo	25 Speed warm-up 2x3x30 w/20m fly at 98% 1'30", 6' 10 min rest after 2 nd set 1x250 at 98% 15' 1x200 at 98% 10' Cool down speed <i>Horizontal jumps</i> Spikes Short Speed End. Special Endur. I	26 Capacity wm-up 3x3x200m at 85% 3', 10' 3 laps cool down Strength routine Intensive Tempo	27 Fitness warm-up Workout - 4-6x500m at VO2max pace Equal time recovery Cool down - 1600m run Cool down barefoot Extensive Tempo	28 Speed warm-up 1x220 at 98% 10' 2x3x60m at 90% 1'30", 10' Horizontal jumps Cool down speed Special Endur. I Short Speed End.	29 Capacity wm-up 3x3x200m at 80-90% 3', 10' 3 laps cool down Strength routine Intensive Tempo

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MAR 30 Rest	31 Speed warm-up 100m runners: 2x3x40 w/20m fly at 98% 3', 6' <i>Horizontal jumps</i> 400 runners: Special Endur. II @ goal pace 1x280 12' 1x250 10' 1x150 Cool down speed Spikes Max Velocity	APRIL 1 Fitness warm-up 7x100m at 70% walk back 50 recovery Cool down barefoot Extensive Tempo	2 Speed warm-up 1x200 at 98% 12' 1x180 at 98% 10' 1x150 at 98% 8' Cool down speed Spikes Special Endur. I	3 Capacity wm-up 2x3x200m at 80-90% 3', 10' 3 laps cool down Strength routine Intensive Tempo	4 Fitness warm-up 3x4x150m at 70% walk 50 between reps and 250 after set Cool down barefoot Extensive Tempo	5 Capacity wm-up 3x3x200m at 80-90% 3', 10' 3 laps cool down Strength routine Intensive Tempo
APRIL 6 Rest	7 Speed warm-up 100m runners: 2x3x40 w/20m fly at 98% 3', 6' <i>Horizontal jumps</i> 400 runners: Special Endur. II @ goal pace 1x300 15' 1x280 Cool down speed Spikes Max Velocity	8 Fitness warm-up 15-20x100 at 70% every 60 seconds Cool down barefoot Extensive Tempo	9 RACE: DFAL Meet vs. Las Lomas, Miramonte	10 Capacity wm-up 2x3x200m at 80-90% 3', 10' 3 laps cool down Strength routine Intensive Tempo	11 Fitness warm-up 5x100,200 at 70%, walk across recovery Cool down barefoot Extensive Tempo	12 Capacity wm-up 3x3x200m at 80-90% 3', 10' 3 laps cool down Strength routine Intensive Tempo
APRIL 13 Rest	14 Speed warm-up 100m runners: 2x3x40 w/20m fly at 98% 3', 6' <i>Horizontal jumps</i> 400 runners: Special Endur. II @ goal pace 1x320 18' 1x300 Cool down Spikes	15 Fitness warm-up 14x100m at 70% walk back 50 recovery (2 laps) Cool down barefoot Extensive Tempo	16 RACE: DFAL Meet vs. Alhambra, Campolindo	17 Capacity wm-up 2x3x200m at 80-90% 3', 10' 3 laps cool down Strength routine Intensive Tempo	18 Fitness warm-up 6x100,200 at 70%, walk across field recovery Cool down barefoot Extensive Tempo	19 RACE: Phillips-McCain Invitational @Campolindo HS
APRIL 20 Rest	21 Speed warm-up 100m runners: 2x3x40 w/20m fly at 98% 3', 6' <i>Horizontal jumps</i> 400 runners: Special Endur. II @ goal pace 1x320 18' 1x250 Cool down Spikes	22 Fitness warm-up 6x100,200 at 70%, walk across recovery Cool down barefoot Extensive Tempo	23 Speed warm-up 1x220 at 98% 12' 1x200 at 98% 10' 1x150 at 98% 8' Horizontal jumps Cool down speed Spikes Special Endur. I	24 Capacity wm-up 3x3x200m at 80-90% 3', 10' 3 laps cool down Strength routine Intensive Tempo If racing tomorrow do extensive tempo instead	25 RACE: Robert Warren Relays @ Acalanes HS or Fitness warm-up 9x200m at 70%, walk across field recovery Cool down barefoot	26 Sacramento MOC @ Hughes Stadium or Speed warm-up 100m runners: 3x4x65m 98% Max Velocity 400 runners: 7x100m at 400m pace walk back 50 recovery Special Endur. II Cool down speed

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<p>APRIL 27 Rest</p>	<p>28 Speed warm-up</p> <p>2x3x40 w/20m fly at 98% 3', 6'</p> <p>4x100 handoffs</p> <p><i>Horizontal jumps</i></p> <p>Cool down – 4 laps decreasing intensity</p> <p>Spikes</p> <p>Max Velocity</p>	<p>29 Fitness warm-up</p> <p>10x100m at 70% walk back 50 recovery</p> <p>Cool down barefoot</p> <p>Extensive Tempo</p>	<p>30 DFAL Meet vs. Aca-lanes, Dublin, Mt. Diablo</p> <p>If possible minimize events</p>	<p>MAY 1 Capacity wm-up</p> <p>2x3x200 at 80-90% 3', 10'</p> <p>Horizontal jumps</p> <p>3 laps cool down</p> <p>Intensive Tempo</p>	<p>2 Fitness warm-up</p> <p>4x100,200 at 70% walk across recovery</p> <p>4x40m block starts</p> <p>Cool down barefoot</p> <p>Extensive Tempo</p>	<p>3 Speed warm-up</p> <p>4x1 handoffs / Hurdles / Jumps/ 6x40m block starts</p> <p>Cool down – 4 laps decreasing intensity</p> <p>Event specific work 90-95% low volume</p>
<p>MAY 4 Rest</p>	<p>5 Speed warm-up Frosh Soph 7x100m at 70% walk back 50 recovery 4x1 handoffs</p> <p>Varsity: 4 x handoffs</p> <p>or</p> <p>Event specific work 90-95% low volume</p> <p>Cool down</p>	<p>6 DFAL Championship FS Finals @CHS Moraga</p> <p>Varsity: Fitness warm-up</p> <p>7x100m 70% walk back 50 recovery</p> <p>Cool down</p> <p>Extensive Tempo</p>	<p>7 DFAL Championship Varsity Trials @CHS Moraga</p>	<p>8 Fitness warm-up</p> <p>7x100m 70% walk back 50 recovery</p> <p>Cool down</p> <p>Extensive Tempo</p>	<p>9 DFAL Championship Varsity Finals @CHS Moraga</p>	<p>10 Active Rest</p>
<p>MAY 11 Rest</p>	<p>12 Speed Warm-up</p> <p>4 x handoffs</p> <p>or</p> <p>Event specific work 90-95% low volume</p> <p>Cool down</p>	<p>13 Active Rest TBA</p>	<p>14 Capacity wm-up</p> <p>2x3x200m at 80-90% 3', 10'</p> <p>Cool down</p> <p>Intensive Tempo</p>	<p>15 Fitness warm-up</p> <p>7x100m 70% walk back 50 recovery</p> <p>Cool down</p> <p>Extensive Tempo</p>	<p>16 Warm-up</p> <p>Discuss meet</p> <p>Cool down</p>	<p>17 NCS Tri-Valley Regional Trials @Granada HS</p>
<p>MAY 28 Rest</p>	<p>19 Speed Warm-up</p> <p>4x1 handoffs</p> <p>or</p> <p>Event specific work 90-95% low volume</p> <p>Cool down</p>	<p>20 Active Rest TBA</p>	<p>21 Fitness warm-up</p> <p>7x100m 70% walk back 50 recovery</p> <p>Cool down</p> <p>Extensive Tempo</p>	<p>22 Warm-up</p> <p>Discuss meet</p> <p>Cool down</p>	<p>23 NCS Meet of Champions Trials @ Edwards Stadium, Berkeley</p>	<p>24 NCS Meet of Champions Finals @ Edwards Stadium, Berkeley</p>

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
MAY 25 Rest	26 Speed Warm-up Event specific work Cool down	27 Active Rest TBA	28 Fitness warm-up 7x100m 70% walk back 50 recovery Cool down Extensive Tempo	29 Warm-up Discuss meet Cool down	30 CIF State Champion- ship Trials @Cerritos College, Norwalk	31 CIF State Champion- ship Finals @Cerritos College, Norwalk

College Park High School • FALCON TRACK & FIELD • 2008 Season Calendar

MONDAY through FRIDAY track & field team practice attendance is mandatory.
Schedule conflicts with daily practice must be discussed with coaches PRIOR to absence!

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 distance work for sprinters broken down into small segments (think mini "cruise loops"). Pace is about equal to mile race pace assuming the athlete trained for the mile. Example: a 60 second female 400 sprinter should be equivalent to a 5:20 miler. This equates to an 80 second 400 and a 20 second 100. Overall volume for workout begins at 1000m and can progress through season to a max of 3000m 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 you can run before lactate will shut you down. The resulting benefit is delaying the point at which you hit the wall in a 400. Most athletes feel as though they are on the verge of booty lock near the end of the last rep. If they actually get booty lock 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 you raise it up again. The trick is to not spill over. Over time the cup gets bigger. Early season pace is probably slightly faster than date pace 800. Pace progresses over the season to date pace (or 1 second slower) of the last 200 of a 400. Example a 60 second quarter female 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's all about execution at full velocity. Short ground time. Get leg moving forward as soon as possible. Maintain pelvic stability. 20-40m zone.

Acceleration (push starts) Focus on pushing through the ground. 10-20m. Standing starts. Lean from the ankles.

Short Speed Endurance On the surface it looks like Max Velocity but the rest is cut in half. The resulting stress elicits an adaptation in the Creatine Phosphate system that increases its capacity. You get more free energy. Due to reliance on glycolysis (the creatine phosphate system cannot keep up), after 3-4 sets you will have experienced great amounts of lactic acid.

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 you can as far as you can 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 great 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 you for as long as you can 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.