

FALCON TRACK & FIELD

2009 SPRING SEASON SPEED SCHEDULE

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED WARM-UP (wks 1-5) PHASE 1

• 800m EASY run

10 x front leg swings
10 x side leg swings

• 400m EASY run

2 x 20m forward skips w/ arm swing
2 x 20m forward knee to hand "pop-pop"
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 4 x 60m strides @ 70% max velocity.

2 x 10m forward "h" A skips
2 x 10m forward knee lift
2 x 10m forward heel lift

• 4 x 60m accelerations @ 75%, 80%, 85%, 90% max velocity.

2 x 10m forward straight leg scissor
2 x 10m forward "quick lift" skip
2 x 10m forward "quick lift" ankling
10 x standing lead-leg at fence
2 x 10m lead-leg skips over low hurdles
2 x 10m trail-leg skips over low hurdles

• 4 x 60m acceleration @ 90% 4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

SPEED COOL DOWN (wks 1-5) PHASE 1

• 400m EASY run

10 x Forward Trail Leg Drill over hurdle
10 x Push Ups
2 x 10m Forward/Backward Lunge with Torso Twist
2 x 10m hop-steps

• 400m EASY run

10 x Backward Trail Leg Drill over hurdle
10 x Triceps Dips on bench
2 x 10m Lateral Lunge
2 x 10m power bounds

• 400m BAREFOOT EASY run on turf (three turf laps)

4 minute Abs, Back circuit (60 seconds per activity)

Stretch circuit

TEMPO WARM-UP (wks 1-5) PHASE 1

• 800m EASY run backward on straights, forward on turns

11 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-side leg raises, toe twists
-opposite arm/leg raises, on chest
-abductor resistance half squat circles (push knees out)
-scoops
-hands & knees scorpions
-hurdle position leg lifts
-low reach crunch
-table position hydrants
-abductor resistance half squat circles (push knees in)

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-360 skip x 2
-crossover forward jog x 2
-wide step forward jog x 2

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

HRDL: 4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

TEMPO COOL DOWN (wks 1-5) PHASE 1

• 800m MEDIUM run

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

• 400m EASY run

Stretch circuit

FITNESS WARM-UP (wks 1-5) PHASE 1

• 800m EASY run

9 x 60m jog / strength circuit:

-hip/trunk rotations, on back, shoulders flat
-table position donkey whip
-pistons, "h" position to full extension
-side clams
Table position bird dogs
-side crunches
-chest lifts
-thrusts
-standing "h"

Jog Variation Between Each:

-backward jog x 2
-360 skip x 2
-crossover forward jog x 2
-wide step forward jog x 2

FITNESS COOL DOWN (wks 1-5) PHASE 1

• 800m MEDIUM run

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

• 400m EASY run

2 x 20m barefoot drills

-ground grabbers
-heel to toe calf raise walk
-toes up/out, toes up/in, heels up/out, heels up/in

Stretch circuit

STRETCH CIRCUIT MD & LD ROUTINE

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)

FALCON TRACK & FIELD

2009 SPRING SEASON SPEED SCHEDULE

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED WARM-UP (wks 6-10) PHASE 2

• 800m EASY run

10 x front leg swings
10 x side leg swings

• 400m EASY run

2 x 20m forward skips w/ arm swing
2 x 20m forward knee to hand "pop-pop"
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 4 x 60m strides @ 70% max velocity.

2 x 15m forward "h" A skips
2 x 15m forward rotary run

• 4 x 60m accelerations @ 75%, 80%, 85%, 90% max velocity.

2 x 15m forward straight leg scissor
2 x 15m forward "quick lift" skip
2 x 15m forward "quick lift" ankling
10 x standing lead-leg at fence
2 x 10m lead-leg skips over low hurdles
2 x 10m trail-leg skips over low hurdles

• 4 x 60m acceleration @ 90%

4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

SPEED COOL DOWN (wks 6-10) PHASE 2

• 400m EASY run

2 x 10 hrdl walkovers 30"
10 x Push Ups SPIDER
2 x 10m Fwd lunge/forearm dip
2 x 10m dbl leg lateral hop-squats

• 400m EASY run

2 x 20m hop-steps
2 x 20m power bounds

10 x Triceps Dips w/ leg lift
2 x 10m snlg leg lateral hops

• 400m BAREFOOT EASY run on turf (three turf laps)

4 minute Abs, Back circuit (60 seconds per activity)

Stretch circuit

TEMPO WARM-UP (wks 6-10) PHASE 2

• 800m EASY run backward on straights, forward on turns

11 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-arm stand, side leg hold, toe twists
-arm/leg scissors, on chest
-wave squats
-suitcases, on tail bone
-forearm stand bent leg raises
-sitting bicycle
-elbow stand bent leg raises
-oscillating heel reach
-speed skater squats

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-360 skip x 2
-crossover forward jog x 2
-wide step forward jog x 2

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

HRDL: 4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

TEMPO COOL DOWN (wks 6-10) PHASE 2

• 800m MEDIUM run

4 minute plank drill: continuous rotation: front-plank/side-plank/back-plank w/ straight leg lifts

• 400m EASY run

Stretch circuit

FITNESS WARM-UP (wks 6-10) PHASE 2

• 800m EASY run

9 x 60m jog / strength circuit:

-hip/trunk rotations, on back, shouldrs flat
-table position straight leg circles
-straight leg lifts/scissors, on back
-table position fwd/backward knee circles
-push up position, bird dogs
-Russian twists
-legs up arm crawl, on chest
-v-ups
-standing "h" strike drill

Jog Variation Between Each:

-backward jog x 2
-360 skip x 2
-crossover forward jog x 2
-wide step forward jog x 2

FITNESS COOL DOWN (wks 6-10) PHASE 2

• 800m MEDIUM run

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

• 400m EASY run

2 x 20m barefoot drills

-ground grabbers
-heel to toe calf raise walk
-toes up/out, toes up/in, heels up/out, heels up/in

Stretch circuit

STRETCH CIRCUIT MD & LD ROUTINE

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)

FALCON TRACK & FIELD

2009 SPRING SEASON SPEED SCHEDULE

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED WARM-UP (wks 11-15) PHASE 3

• 800m EASY run

10 x front leg swings
10 x side leg swings

• 400m EASY run

2 x 20m forward skips w/ arm swing
2 x 20m forward knee to hand "pop-pop"
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 4 x 60m strides @ 70% max velocity.

2 x 20m forward "h" A skips
2 x 20m forward rotary run

• 4 x 60m accelerations @ 75%, 80%, 85%, 90% max velocity.

2 x 20m forward straight leg scissor
2 x 20m forward "quick lift" skip
2 x 20m forward "quick lift" ankling
10 x standing lead-leg at fence
2 x 10m lead-leg skips over low hurdles
2 x 10m trail-leg skips over low hurdles

• 4 x 60m acceleration @ 90%

4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

SPEED COOL DOWN (wks 11-15) PHASE 3

• 400m EASY run

2 x 10 hrdl walkovers 30"
2 x 10 split lunge hops
2 x 10 dbl leg lateral hop-ups on bench

• 400m EASY run

10 x burpees w/ pushup SPLITS
10 x Triceps Dips w/ leg lift
2 x 10m diagonal power bounds

• 400m BAREFOOT EASY run on turf (three turf laps)

4 minute Abs, Back circuit (60 seconds per activity)

Stretch circuit

TEMPO WARM-UP (wks 11-15) PHASE 3

• 800m EASY run backward on straights, forward on turns

9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-arm stand, side leg raises, toe twists
-arm/leg scissors, on chest
-sngl leg stand supermans
-v-ups
-forearm stand bent leg raises
-elbow stand bent leg raises
-oblique crunches

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-forward acceleration x 2
-backward acceleration x 2

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

HRDL: 4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

TEMPO COOL DOWN (wks 11-15) PHASE 3

• 800m MEDIUM run

4 minute plank drill: continuous rotation: front-plank/side-plank/back-plank w/ straight leg lifts

• 400m EASY run

Plyo Ball drills- see below.

• 400m EASY run

Stretch circuit

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|---|--------|---------|-----------|--|--------|-----|
| <p>FITNESS WARM-UP (wks 11-15) PHASE 3</p> <p>• 800m EASY run</p> <p>9 x 60m jog / strength circuit: -hip/trunk rotations, on back, shoulders flat -table position straight leg circles -straight leg lifts/scissors, on back -table position fwd/bkwd knee circles -push up position, bird dogs -side ups -legs up arm crawl, on chest -scoop thrusts -standing "h" SWITCH drill</p> <p>Jog Variation Between Each: -backward jog x 2 -360 skip x 2 -crossover forward jog x 2 -wide step forward jog x 2</p> | | | | <p>HRDL TECHNIQUE</p> <p>Choose 2-3 from following:</p> <p>2 x dead-leg run over 3-5 hurdles 2 x step over 5-7 hurdles 2 x lead-leg skip over 5-7 hurdles 2 x trail-leg skip over 5-7 hurdles 2 x 10 ground hurdles 2 x lateral knee drives over 5-7 hurdles 2 x lateral straight-leg drives over 5-7 hurdles 2 x lateral skip over 3-5 hurdles 2 x alternating knee drive rhythm skip over 5-7 hurdles 2 x 10 karaoke knee drive over hurdle</p> <p>Choose 1 from following:</p> <p>4 x lead-leg / trail leg one-steps over 3-5 hurdles 4 x full hurdle one-steps over 3-5 hurdles 4 x alternating lead/trail-leg over 4-8 half-in-lane hurdles</p> | | |
| <p>FITNESS COOL DOWN (wks 11-15) PHASE 3</p> <p>• 800m MEDIUM run</p> <p>6 minute abdominal circuit- continues 60 seconds per activity: scoops, thrusts, forearm to thigh, alternate reach, marching, crunches, fingertips to wrists, etc.</p> <p>• 400m EASY run</p> <p>2 x 20m barefoot drills -ground grabbers -heel to toe calf raise walk -toes up/out, toes up/in, heels up/out, heels up/in</p> <p>Stretch circuit</p> | | | | <p>JUMP TECHNIQUE</p> <p>Exaggeration * Isolation * Repetition</p> <ul style="list-style-type: none"> • Approach • Take-Off • Flight • Landing <p>Choose 1-2 from following:</p> <p>8 x slow motion penultimate/take off 2 x dead-leg run over 3-5 hurdles 8 x hop-step into pit 4 x snl arm alternating knee drive rhythm skip over 7 hurdles 4 x dbl arm alternating transfers over 7 hurdles 4 x dbl arm side step over 7 hurdles</p> | | |

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|---|---|--|---|--|--|---|
| <p>Feb 1</p> <p>•REST DAY. NO RUN. •Stretch.</p> <p>PHASE 1 WEEK 1</p> | <p>2</p> <p>Accel/Extensive Tempo Speed Warm Up 6x10m Standing Starts with walk back recovery btwn segments. 1x50m @ 95%. 10x100m every 60 sec. @ 1500m pace. Speed Cool Down</p> | <p>3</p> <p>Intensive Tempo Tempo Warm Up 3x(3x120) @ 800m pace with 2 min. recovery btwn segments, 8 min. recovery btwn sets. HRDL: 2 sets over 21" 300m hrdls. Tempo Cool Down</p> | <p>• 4</p> <p>Speed/Extensive Tempo Speed Warm Up 6x100m EZ w/ 10m hit zone with walk back recovery btwn segments. 1x50m @ 95%. 2x(4x150) @ 1500m pace with walk back 50 btwn segments, walk back 250 btwn sets. Speed Cool Down</p> | <p>5</p> <p>VO2 Fitness Warm Up 5-6x400 @ 3k pace with equal time recovery btwn segments. Run as relays in equal pairs with open handoff practice. HRDL: Technique. Fitness Cool Down</p> <p>•Weight circuit x 2</p> | <p>6</p> <p>Speed Speed Warm Up 150m test run. 3x80m @ 90% with 5 min. recovery btwn segments. Speed Cool Down</p> | <p>7</p> <p>Intensive Tempo Tempo Warm Up 2x(3x120) @ 800m pace with 2:30 recovery btwn segments, 8 min. recovery btwn sets. HRDL: Technique. JUMP: Technique. Tempo Cool Down</p> |
| <p>Feb 8</p> <p>Active rest. •Stretch.</p> <p>PHASE 1 WEEK 2</p> | <p>9</p> <p>Accel/Extensive Tempo Speed Warm Up 6x10m Standing Starts. 1x50m @ 95%. HRDL: out of blocks over first 1 30/33" 100/110m hrdls 10x diagonals @ 1500m pace with walk across endzone recovery btwn segments. Speed Cool Down</p> | <p>10</p> <p>Intensive Tempo Tempo Warm Up 3x(3x150) @ 800m pace with 2 min. recovery btwn segments, 8 min. recovery btwn sets. HRDL: 2 sets over 21" 300m hurdles. JUMP: Technique. Tempo Cool Down</p> | <p>• 11</p> <p>Speed/Extensive Tempo Speed Warm Up 6x100m EZ w/ 15m hit zone with walk back recovery btwn segments. 1x50m @ 95%. 4x100,200 @ 1500m pace with walk across field recovery Speed Cool Down</p> | <p>12</p> <p>VO2 Fitness Warm Up 4-5x500 @ 3k pace with equal time recovery btwn segments. HRDL: Technique. JUMP: Technique. Fitness Cool Down</p> <p>•Weight circuit x 2</p> | <p>13</p> <p>NO SCHOOL Track Clean up</p> <p>Speed Speed Warm Up 150m test run. 3x80m @ 90% with 5 min. recovery btwn segments. Speed Cool Down</p> | <p>14</p> <p>Intensive Tempo Tempo Warm Up 2x(3x150) @ 800m pace with 2:30 recovery btwn segments, 8 minute recovery btwn sets. HRDL: Technique. Tempo Cool Down</p> |
| <p>Feb 15</p> <p>Active rest. •Stretch</p> <p>PHASE 1 WEEK 3</p> | <p>16</p> <p>NO SCHOOL</p> <p>Accel/Extensive Tempo Speed Warm Up 6x15m Standing Starts. 1x50m @ 95%. HRDL: out of blocks over first 2 30/33" 100/110m hrdls with discounted spacing. 10x100m every 60s @ 1500m pace Speed Cool Down</p> | <p>17</p> <p>Intensive Tempo Tempo Warm Up 3x(3x180) @ 800m pace with 2 min. recovery btwn segments, 8 min. recovery btwn sets. HRDL: 2 sets over 25" 300m hrdls. JUMP: Technique. Tempo Cool Down</p> <p>PARENT MEETING! 5:30</p> | <p>18</p> <p>Speed/Extensive Tempo Speed Warm Up 6x100m EZ w/ 20m hit zone with walk back recovery btwn segments. 1x50m @ 95%. HRDL: out of blocks over first 2 30/33" 100/110m hrdls with discounted spacing. 12x100 on turn @ 1500m pace with walk across field recovery btwn segments. Speed Cool Down</p> | <p>19</p> <p>VO2 Fitness Warm Up 5-7x400 @ 3k pace with equal time recovery btwn segments. Run as relays in equal pairs with open handoff practice. HRDL: Technique. JUMP: Technique. Fitness Cool Down</p> <p>•Weight circuit x 2.</p> | <p>20</p> <p>RACE: Team Time Trials</p> | <p>21</p> <p>Intensive Tempo Tempo Warm Up 2x(3x180) @ 800m pace with 2:30 recovery btwn segments, 8 min. recovery btwn sets. Tempo Cool Down</p> |

2009 SPRING SEASON SP SCHEDULE

Activities Subject to Change. Practice is **NEVER** Cancelled!

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|---|--|---|---|---|--|--|
| <p>Feb 22</p> <p>Active rest. •Stretch</p> <p>PHASE 1 WEEK 4</p> | <p>23</p> <p>Accel/Extensive Tempo Speed Warm Up 6x15m Block Starts. 1x50m @ 95%. HRDL: out of blocks over first 3 30/36" 100/110m hrdls with discounted spacing. 10x diagonals @ 1500m pace with walk across endzone recovery btwn segmetns. Speed Cool Down</p> | <p>24</p> <p>Intensive Tempo Tempo Warm Up 2x(3x180) @ 800m pace with 2:30 recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1st set over 27" 300m hrdls. JUMP: Technique Tempo Cool Down</p> | <p>25</p> <p>Speed/Extensive Tempo Speed Warm Up 4x100m EZ w/ 25m hit zone with walk back recovery btwn segments. 1x50m @ 95%. HRDL: out of blocks over first 2 30/33" 100/110m hrdls with discounted spacing. 10x100 @ 1500m pace with walk back 50 btwn each. Speed Cool Down</p> | <p>26</p> <p>VO2 Fitness Warm Up 6-8x300 @ 3k pace with equal time recovery btwn segments. HRDL: Technique. JUMP: Technique Fitness Cool Down •Weight circuit x 2.</p> | <p>27</p> <p>RACE: Purple Vs White</p> | <p>28</p> <p>Intensive Tempo Tempo Warm Up 2x(3x180) @ 800m pace with 2:30 recovery btwn segments. 8 min. recovery btwn sets. HRDL: Technique. Tempo Cool Down</p> |
| <p>March 1</p> <p>Active rest. •Stretch.</p> <p>PHASE 1 WEEK 5</p> | <p>2</p> <p>Max & Speed Endurance Speed Warm Up 4x20m Block starts. 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 3 100/110m 30/36" hrdls with discounted spacing. 2x100m @ 95% with 5 min. recovery btwn segments. Speed Cool Down Pass out uniforms</p> | <p>3</p> <p>Extensive Tempo Fitness Warm Up 2x(5x150) @ 1500m pace with walk back 50 btwn segments. walk back 250 btwn sets. HRDL: Technique. JUMP: Technique Fitness Cool Down •Weight circuit x 3.</p> | <p>4</p> <p>Speed Endurance Speed Warm Up 1x120m @ 95% with 6 min. recovery btwn segments. 2x100m @ 95% with 5 min. recovery btwn segments. HRDL: out of blocks over first 6 30/36" 100/110m hrdls with discounted spacing. 2x80m @ 95% with 4 min. recovery btwn segments. Speed Cool Down</p> | <p>5</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 800m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1st set over 27" 300m hurdles. JUMP: Technique. Tempo Cool Down</p> | <p>6</p> <p>VO2 Fitness Warm Up 6-8x400 @ 3k pace with equal time recovery btwn segments. Run as relays in equal pairs with open handoff practice. HRDL: Technique. Fitness Cool Down Discuss Meet</p> | <p>7</p> <p>RACE: East Bay Invite or Intensive Tempo Tempo Warm Up 2x(3x200) @ 800m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Tempo Cool Down</p> |
| <p>March 8</p> <p>•REST DAY. NO RUN. •Stretch.</p> <p>PHASE 2 WEEK 1</p> | <p>9</p> <p>Max & Speed Endurance Speed Warm Up 4x20m Block starts. 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 4 100/110m 30/36" hrdls with discounted spacing. 1x120m @ 95% with 6 min. recovery btwn segments. 1x100m @ 95%. Speed Cool Down</p> | <p>10</p> <p>Extensive Tempo Fitness Warm Up 2x(5x150) @ 1500m pace with walk back 50 btwn segments. walk back 250 btwn sets. HRDL: Technique. JUMP: Technique. Fitness Cool Down •Weight circuit x 2.</p> | <p>11</p> <p>Speed Endurance Speed Warm up 2x120m @ 95% with 6 min. recovery btwn segments. 2x100m @ 95% with 5 min. HRDL: out of blocks over first 7 33/36" 100/110m hrdls with discounted spacing. recovery btwn segments. 1x80m @ 95%. Speed Cool Down</p> | <p>12</p> <p>Intensive Tempo Tempo Warm Up 3x(3x200) @ 800m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 27/33" 300m hrdls. JUMP: Technique Tempo Cool Down</p> | <p>13</p> <p>RACE: Dan Gabor Distance Festival or VO2 Fitness Warm Up 5-6x500 @ 3k pace with equal time recovery btwn segments. Fitness Cool Down</p> | <p>14</p> <p>RACE: Dan Gabor Sprint Festival</p> |

2009 SPRING SEASON **SP** SCHEDULE

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| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|--|---|--|---|--|---|--|
| <p>March 15</p> <p>Active rest. •Stretch.</p> <p>PHASE 2 WEEK 2</p> | <p>16</p> <p>Max & Speed Endurance Speed Warm Up 4x20m Block starts. 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 4 100/110m 33/39" hrdls with discounted spacing. 1x150m @ 95% with 8 min. recovery btwn segments. 1x100m @ 95% Speed Cool Down</p> | <p>17</p> <p>Tempo Cool Down Extensive Tempo Fitness Warm Up 3x(100,200,300) @ 1500m pace with walk across field recovery btwn segments/sets. HRDL: out of blocks over first 8 100/110m 33/36" hrdls with discounted spacing. JUMP: Technique Fitness Cool Down</p> <p>•Weight circuit x 2</p> | <p>18</p> <p>RACE: DVAL Meet vs. Clayton Valley @ CPHS</p> | <p>19</p> <p>Intensive Tempo Tempo Warm Up 3x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of equal 5 for continuous relay for each set. HRDL: Technique JUMP: Technique</p> <p>Tempo Cool Down</p> | <p>20</p> <p>VO2 Fitness Warm Up 4-5x600 @ 3k pace with equal time recovery btwn segments. HRDL: Technique Fitness Cool Down</p> | <p>21</p> <p>Intensive Tempo Tempo Warm Up 3x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 27/33" 300m hrdls.</p> <p>Tempo Cool Down</p> |
| <p>March 22</p> <p>Active rest. •Stretch.</p> <p>PHASE 2 WEEK 3</p> | <p>23</p> <p>Max & Speed Endurance Speed Warm Up 4x20m Block starts. 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 4 100/110m 33/39" hrdls with discounted spacing. 1x150m @ 95% with 8 min. recovery btwn segments. 1x120m @ 95% Speed Cool Down</p> | <p>24</p> <p>Extensive Tempo Fitness Warm Up 15x100m @ 1500m pace with walk back 50 recovery btwn segments. HRDL: Technique. JUMP: Technique. Fitness Cool Down</p> <p>•Weight circuit x 3</p> | <p>25</p> <p>RACE: DVAL Meet vs. Mt. Diablo, Borean at CPHS</p> | <p>26</p> <p>Intensive Tempo Tempo Warm Up 3x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: Technique JUMP: Technique.</p> <p>Tempo Cool Down</p> | <p>27</p> <p>RACE: Stanford Invitational or VO2 Fitness Warm Up 5-6x500 @ 3k pace with equal time recovery btwn segments. Fitness Cool Down</p> | <p>28</p> <p>RACE: Stanford Invitational or Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: Technique.</p> <p>Tempo Cool Down</p> |
| <p>March 29</p> <p>Active rest. •Stretch.</p> <p>PHASE 2 WEEK 4</p> | <p>30</p> <p>Special Endurance I / Max Speed Warm Up 2x200 @ 95% with 10 min. btwn segments. over 5 30"/36" 300m hrdls. 3x150 @ 95% with 8 minutes btwn segments. or 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 5 100/110m 33/39" hrdls with discounted spacing. JUMP: 4 x Long Jump Speed Cool Down</p> | <p>31</p> <p>Extensive Tempo Fitness Warm Up 15x100m every 60s @ 1500m pace. Fitness Cool Down HRDL: Technique JUMP: Technique.</p> <p>•Weight circuit x 3.</p> | <p>April 1</p> <p>Special Endurance I Speed Warm Up 1x200 @ 95% with 10 min. recovery btwn segments. HRDL: over 5 30"/36" 300m hrdls. 1x185 @ 95% with 8 min. recovery btwn segments. 1x150 @ 95% Speed Cool Down</p> | <p>2</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: Technique. JUMP: Technique.</p> <p>Tempo Cool Down</p> | <p>3</p> <p>VO2 Fitness Warm Up 5-6x400 @ 3k pace with equal time recovery btwn segments. Run as relays in equal pairs with open handoff practice. HRDL: Technique. Fitness Cool Down</p> | <p>4</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. btwn sets. HRDL: Technique.</p> <p>Tempo Cool Down</p> |

2009 SPRING SEASON SP SCHEDULE

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| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|--|--|--|--|--|--|--|
| <p>April 5</p> <p>Active rest. •Stretch.</p> <p>PHASE 2 WEEK 5</p> | <p>6</p> <p>Special Endurance I / Max Speed Warm Up 1x250 @ 95% with 12 min. recovery btwn segments. 2x200 @ 95% with 10 min. recovery btwn segments. 1x150 @ 95%. HRDL: over last 3 30"/36" 300m hrdls in each set.</p> <p>or</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 5 100/110m 33/39" hrdls with discounted spacing. JUMP: 4 x Triple Jump Speed Cool Down</p> | <p>7</p> <p>Extensive Tempo Fitness Warm Up 15x100m @ 1500m pace with walk back 50 btwn segments. HRDL: Technique.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 3.</p> | <p>8</p> <p>Special Endurance I Speed Warm Up 1x300 @ 95% with 15 min. recovery btwn segments. HRDL: over 6 30"/36" 300m hrdls. 1x250 @ 95% with 12 min. recovery btwn segments. 2x200 @ 95% with 10 min. recovery btwn segments. Speed Cool Down</p> | <p>9</p> <p>Intensive Tempo Tempo Warm Up 3x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of equal 5 for continuous relay for each set. JUMP: Technique.</p> <p>Tempo Cool Down</p> | <p>10</p> <p>VO2 Fitness Warm Up 6-7x500 @ 3k pace with equal time recovery btwn segments. HRDL: Technique.</p> <p>Fitness Cool Down</p> | <p>11</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Tempo Cool Down</p> |
| <p>April 12</p> <p>•REST DAY. NO RUN. •Stretch.</p> <p>PHASE 3 WEEK 1</p> | <p>13</p> <p>NO SCHOOL</p> <p>Special Endurance I / Max Speed Warm Up 1x250 @ 95% with 12 min. recovery btwn segments. 2x200 @ 95% with 10 min. recovery btwn segments. 1x150 @ 95%. HRDL: over last 3 30"/36" 300m hrdls in each set.</p> <p>or</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m 33/39" hrdls with discounted spacing. JUMP: 2 x Triple, 2 x Long Jump Speed Cool Down</p> | <p>14</p> <p>NO SCHOOL</p> <p>Extensive Tempo Fitness Warm Up 15x100m @ 1500m pace with walk back 50 recovery btwn segments. HRDL: Technique. JUMP: Technique.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 2</p> | <p>15</p> <p>NO SCHOOL</p> <p>Special Endurance I Speed Warm Up 1x300 @ 95% with 15 min. recovery btwn segments. HRDL: over 6 30"/36" 300m hrdls. 1x250 @ 95% with 12 min. recovery btwn segments. 2x200 @ 95% with 10 min. recovery btwn segments. Speed Cool Down</p> | <p>16</p> <p>NO SCHOOL</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. JUMP: Technique.</p> <p>Tempo Cool Down</p> | <p>17</p> <p>NO SCHOOL</p> <p>Extensive Tempo Fitness Warm Up 12xDiagonals @ 1500m pace with walk across field recovery btwn segments. HRDL: Technique.</p> <p>Fitness Cool Down</p> <p>or</p> <p>Mt. Sac Relays</p> | <p>18</p> <p>RACE: Phillips-McCain Invitational</p> |

2009 SPRING SEASON SP SCHEDULE

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| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|--|--|---|---|---|--|--|
| <p>April 19</p> <p>Active rest. •Stretch.</p> <p>PHASE 3 WEEK 2</p> | <p>20</p> <p>Special Endurance I / Max Speed Warm Up 1x300 @ 95% with 12 min. recovery btwn segments. 2x250 @ 95% with 10 min. recovery btwn segments. 2x200 @ 95%. HRDL: over last 3 30"/36" 300m hrdls in each set.</p> <p>or</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m 33/39" hrdls with discounted spacing. JUMP: 2 x Triple, 2 x Long Jump Speed Cool Down</p> | <p>21</p> <p>Extensive Tempo Fitness Warm Up 7x100m @ 1500m pace walk back 50 recovery btwn segments. HRDL: Technique.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 3.</p> | <p>22</p> <p>RACE: DVAL Meet vs. Concord, Ygnacio @ Ygnacio</p> | <p>23</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. JUMP: Technique.</p> <p>Fitness Cool Down</p> | <p>24</p> <p>VO2 Fitness Warm Up 6x500 @ 3k pace with equal time recovery btwn segments. HRDL: Technique.</p> <p>Fitness Cool Down</p> | <p>25</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: Technique.</p> <p>Fitness Cool Down</p> |
| <p>April 26</p> <p>Active rest. •Stretch.</p> <p>PHASE 3 WEEK 3</p> | <p>27</p> <p>Special Endurance I Speed Warm Up 4x300 @ 95% with 15 min. recovery btwn segments. HRDL: over last 3 30"/36" 300m hrdls in each set.</p> <p>or</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m 33/39" hrdls with discounted spacing. JUMP: 3 x Triple, 3 x Long Jump Speed Cool Down</p> | <p>28</p> <p>Extensive Tempo Fitness Warm Up 4x(100,200,300) @ 1500m pace walk across field recovery btwn segments. HRDL: Technique.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 3.</p> | <p>29</p> <p>RACE: DVAL Meet vs. Northgate @ CPHS</p> | <p>30</p> <p>Intensive Tempo Tempo Warm Up 3x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of equal 5 for continuous relay for each set. JUMP: Technique.</p> <p>Tempo Cool Down</p> | <p>May 1</p> <p>Extensive Tempo Fitness Warm Up 15-20x100m every 60s @ 1500m pace HRDL: Technique.</p> <p>Fitness Cool Down</p> | <p>2</p> <p>RACE: Sacramento Meet of Champions</p> <p>or</p> <p>Intensive Tempo Tempo Warm Up 2x(3x200) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Fitness Cool Down</p> |
| <p>May 3</p> <p>Active rest. •Stretch.</p> <p>PHASE 3 WEEK 4</p> | <p>4</p> <p>Speed Speed Warm Up 2x3x50m @ 98% 3 min. recovery btwn segments, 6 min. btwn sets. HRDL: over first 5 33"/39" 100/110m hrdls at standard spacing for first set. 4x100m handoffs JUMP: 3 x long jump, 3 x triple jump. Speed Cool Down</p> | <p>5</p> <p>Extensive Tempo Fitness Warm Up 10x100m at 70% walk back 50 recovery. HRDL: Technique.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 3.</p> | <p>6</p> <p>Speed Speed Warm Up 4x100m handoffs 6x40m block starts Speed Cool Down</p> | <p>7</p> <p>Intensive Tempo Tempo Warm Up 3x(3x200) @ 80, 85, 90% with 3 min. recovery btwn segments. 10 min. recovery btwn sets. 1 second step down each segment within set. Tempo Cool Down</p> | <p>8</p> <p>Extensive Tempo Fitness Warm Up 4x100,200 at 70% walk across recovery. HRDL: Technique.</p> <p>Fitness Cool Down</p> | <p>9</p> <p>Speed Speed Warm Up 4x100m handoffs 6x40m block starts HRDL: over 33"/39" 100/110m hrdls at standard spacing. JUMP: 3 x long jump, 3 x triple jump. Speed Cool Down</p> |

2009 SPRING SEASON **SP** SCHEDULE

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| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|---|---|--|---|---|---|-------------------------------|
| May 10 Active rest. •Stretch PHASE 3 WEEK 5 | 11 Frosh Soph: Extensive Tempo Fitness Warm Up 7x100m at 70% walk back 50 recovery 4x1 handoffs Fitness Cool Down Varsity: Speed Speed Warm Up 4 x 100m handoffs Event specific work Speed Cool Down | 12 RACE: DFAL FS Finals @ Ygnacio Valley or Varsity: Extensive Tempo Fitness Warm Up 7x100m 70% walk back 50 recovery Fitness Cool Down | 13 RACE: DFAL VAR Trials @ Ygnacio Valley | 14 Extensive Tempo Fitness Warm Up 7x100m 70% walk back 50 recovery Fitness Cool Down | 15 RACE: DFAL VAR Finals @ Ygnacio Valley | 16 Active Rest. |
| May 17 •REST DAY. NO RUN. •Stretch. | 18 Speed Speed Warm Up 4 x 100m handoffs Event specific work Speed Cool Down | 19 Active Rest TBA | 20 Intensive Tempo Tempo Warm Up 3x(3x200) @ 80, 85, 90% with 3 min. recovery btwn segments, 10 min. recovery btwn sets. 1 second step down each segment within set. Tempo Cool Down | 21 Extensive Tempo Fitness Warm Up 7x100m 70% walk back 50 recovery Fitness Cool Down | 22 Warm-up Discuss meet Cool down | 23 RACE: NCS Finals |
| May 24 Active rest. •Stretch. | 25 NO SCHOOL Speed Speed Warm Up 4 x 100m handoffs Event specific work Speed Cool Down | 26 Active Rest TBA | 27 Extensive Tempo Fitness Warm Up 7x100m 70% walk back 50 recovery Fitness Cool Down | 28 Warm-up Discuss meet Cool down | 29 RACE: MOC Trials | 30 Race: MOC Finals |
| May 31 Active rest. •Stretch. | June 1 Speed Speed Warm Up Event specific work Speed Cool Down | 2 Active Rest TBA | 3 Extensive Tempo Fitness Warm Up 7x100m 70% walk back 50 recovery Fitness Cool Down | 4 Warm-up Discuss meet Cool down | 5 RACE: CIF Trials | 6 RACE: CIF Finals |

SUN**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SAT****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.