

# Track & Field Team

## Sample Workouts



### General



**Warm-up:** Make sure you **warm up first!** Most of us are not spring chickens anymore, and those that are won't be for long.

**Don't rush** the warm-up! We don't want any injuries.  
Did you bring water?

- Relax a second to get in the right frame of mind. Forget about work and other things. Focus.
- Stretch and hold it (not painfully - your muscles are cold). Legs and torso mostly.
- Jog easily around the track or grass. Plan your workout as you go, relax and talk with teammates (or yourself if alone).
- Stretch lightly and briefly to loosen up.

**Workout:** Did you warm-up? Don't skip that step.

If you're just starting out, **Don't Do Too Much Too Soon Too Fast!** We need you healthy. Happy would be nice too.

Don't push your first leg of the workout too hard. Let your legs ease into this first one. Train your race distance. There's nothing like the real thing.

Run the next shorter and next longer distance than your race distance in your workouts too (e.g. a 400m runner needs to run 200m through 800m distances). The shorter gives you the burst of speed at the start and to pass someone, the longer helps you finish strong at the end when others fade (the crowd loves it too!).

Be creative. Don't get bored. Try something new. For example, if running repeat 400m's, jog 300m between each 400m. That way you stagger where you start each one and get used to feeling fresh at every section on the track. It also makes counting laps easier.

Keep the workout moving. Don't think too much - JUST DO IT. Come up to the line, don't wait too long (maybe stretch briefly), and go.

Above all...**make it fun!** Joke around. Be focused, but stay relaxed. There's more to getting in shape than just getting in shape. Definitions:

*repeats* -

Repeat the same distance several times (4x400 means run the 400m four times with a timed walk or jog between each). Start the next run before you're completely recovered from the last one.

*pyramid or ladder* -

Run longer distances, then shorter, walking or jogging between each leg

*inverted pyramid or ladder* -

Run shorter distances, then longer, walking or jogging between each leg

*double pyramid or double ladder* -

Running two pyramid workouts sequentially, walking or jogging between each leg

*steps* -

Running longer (or shorter) distances, then starting over again, and so on, walking or jogging between each leg

*plateau* -

Running multiple legs of the same distance then running multiple legs of

another distance and so on, walking or jogging between each leg  
*endurance spikes* -

A plateau or repeat workout with an occasional long distance thrown in  
*speed spikes* -

A plateau or repeat workout with an occasional short distance thrown in  
? -

Several runners running in a group or stretched around the track. A runner or by-stander yells "go" or blows a whistle and everyone runs fast till told to slowdown again or another whistle is heard or a mark is reached. Builds anticipation and reaction responses.

*Indian laps* -

Several runners running in a straight line behind each other. The last runner sprints to the front and runs there awhile until the last runner sprints up and becomes the leader. Repeat this around the track.

**Warm down:** Get that lactic acid out by jogging easily around the track or take a break and do it on the grass.

Continue having a great day or evening. Enjoy the endorphins!

### Sprinters (100m, 200m, 400m)

**100m** Concentrate on explosive starts, strong form, 100's and 200's.

**runners:** Occasionally throw in a 300 and 400 to build wind and keep the other runners company.

Repeat 100's or 200's

ladders: 100-100-200-300-200-100-100 (repeat?)

double ladders: 100-100-200-200-300-300-200-100-100

steps: 100-200-300-400-100-200-300-400

plateaus: 100-100-100-100-200-200-100-100-100

endurance spikes: 100-100-100-300-100-100-100-300-100-100-100

short hill repeats (good to strengthen your leg lift and arms, and give your mind a break)

Try running some 200's, pushing the last 100m to make the end of your 100m race strong.

**200m** Concentrate on explosive starts, strong form, 100's, 200's, 300's and 400's.

**runners:** Need 100's to build explosive starts and passes. Need 300's and 400's to be strong through the end of the 200m race (try running a 400m, pushing the last 200m).

Repeat 100's, 200's, 300's or 400's

ladders: 100-200-300-400-300-200-100 (repeat?)

double ladders: 100-100-200-200-300-400-300-200-200-100-100

steps: 100-200-300-400-100-200-300-400-100-200

plateaus: 100-100-100-200-200-200-200-100-100-100

endurance spikes: 200-200-200-400-200-200-200-400-200-200-200

speed spikes: 200-200-200-100-200-200-200-100-200-200-200

hill repeats (good to strengthen your leg lift and arms, and give your mind a break)

**400m** Concentrate on fast starts (don't burn yourself out), strong and efficient form, run

**runners:** 200's, 400's, 600's, 800's.

Occasionally run a 200 and 300 to build passing speed and keep the other sprinters company.

Occasionally run a 600 and 800 to build wind and finish strong and keep the other runners company.

Repeat 200's, 300's, 400's, 600's, or 800's

ladders: 200-300-400-600-800-600-400-300-200 (repeat?)  
double ladders: 200-400-800-400-200-400-800-400-200  
steps: 200-200-300-300-400-400-300-300-200-200  
plateaus: 100-100-100-200-200-200-200-100-100-100  
endurance spikes: 400-400-400-800-400-400-400-800-400-400-400  
speed spikes: 400-400-400-200-400-400-400-200-400-400-400  
hill repeats (good to strengthen your leg lift and arms, and give your mind a break)

### **Middle Distance Runners** (800m, 1200m, 1600m)

**800m runners:** Concentrate on efficient starts and running form, 200's, 300's, 400's, 600's, 800's, 1200's, 1600's.

Occasionally run a 200-600 to build passing speed and keep the sprinters company.  
Occasionally run a 1200-1600 to build wind and finish strong keep the other runners company.

repeat 6x200, 6x300, 6x400, 5x600, 5x800, 4x1200, 4x1600

ladders: 200-400-800-1200-1600-1200-800-400-200

ladders: 200-400-800-1600-800-400-200

ladders: 400-600-800-1200-800-600-400

steps: 400-800-1200-400-800-1200-400-800-1200

doubles: 400-800-400-800-400-800-400-800

plateaus: 200-400-400-400-800-800-800-400-400-400-200

endurance spikes: 800-800-800-1600-400-400-800-1200-800-400

speed spikes: 800-800-800-(200 or 400)-800-800-800-(200 or 400)

hill repeats (good to strengthen your leg lift and arms, and give your mind a break)

**1600m runners:** Concentrate on efficient starts and running form, 400's, 600's, 800's, 1200's, 1600's, 2400's.

Like the 400m runners, but add more 800's and 1600's, and some longer runs.

### **Distance/Road Runners** (3200m, 5k, 10k)

Run your race distance.

Do speed workouts on the track from 400m to 2-mile legs.

Try smooth track, dirt or grass to give your legs a break from the hard pavement. Pick a smooth surface for your ankles.

### **Throwers** (shot put, discus)

**General:** Keep throwing and lifting (arms and legs)  
Dream of cannons and rockets

### **Jumpers** (long jump, high jump)

**General:** Keep jumping and bounding  
Think light thoughts.