

# PRESEASON TRACK WORKOUT IDEAS

Here are some training ideas that students at other schools use to get themselves in shape for the track season.

NOTE: Before doing any exercise talk to your parents and your doctor.

Before and after every workout make sure you take some time to stretch out and loosen up your muscles. Take it easy at first. Train don't strain.

Make sure you are eating healthy foods. Eat lots of fruits and veggies. Cut out all the soda and sweets. Drink lots of water to stay hydrated when you are trying to get in shape.

## Sprinters, hurdlers and relays (100m, 200m, 110 hurdles and relays)

1. Easy jog for ½ mile to a mile.
2. Do (3-5) 100 or 200 meter sprints. After sprinting do slow jogs back to where you started, rest for a little and then do another sprint. As you get in better shape shorten your rest time until you can just jog back to your start and sprint again.
3. Some days do (4-6) short 50 meter sprints.
4. Do push ups, sit ups and lift weights if you have some.
5. At the end of your workouts do any easy ½ mile to a mile jog.
6. Try to find some good websites on your sport or check out a book from the library. Read about your sport. Search for track and field on TV and watch the meet. To do your best you need to learn about the techniques of your event and then practice, practice, practice.

## Long Distance runners (400m, 800m and 1600m)

1. The best thing a distance runner can do is jog/run.
2. Stretch well and then go for a ½ mile to a mile run. When you first start running walk some when you need to and slowly build up your endurance.
3. See if over then next 3-4 weeks you can build up your running to where you can run 1-3 miles each run.
4. Ideally you should go for a run 4-5 days a week.
5. Every other day do push ups, sit ups and lift upper body weights if you have some.
6. Make sure you stretch well after every workout.
7. Try to find some good websites on your sport or check out a book from the library. Read about your sport. Search for track and field on TV and watch the meet. To do your best you need to learn about the techniques of your event and then practice, practice, practice.

## High jump and Long jumpers

1. Do the same workout as the sprinters.
2. Do some skipping and hopping instead of jogging.
3. Try to find some good websites on your sport or check out a book from the library. Read about your sport. Search for track and field on TV and watch the meet. To do your best you need to learn about the techniques of your event and then practice, practice, practice.

## Shot put and Discus

1. Do the same workouts as for sprinters and jumpers.
2. Spend more time lifting every other day.
3. Try to find some good websites on your sport or check out a book from the library. Read about your sport. Search for track and field on TV and watch the meet. To do your best you need to learn about the techniques of your event and then practice, practice, practice.

*See you at practice*