

FALCON TRACK & FIELD

2011 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

1 x 10 forward hurdle walk-overs
1 x 10 backward hurdle walk-overs

• 800m EASY run

10 x side to side leg swings on fence
10 x front to back leg swings on fence

• 400m EASY run

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

• 4 x 60m strides @ 70% max.

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

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

2 x 10m forward straight leg scissor
2 x 10m forward "quick lift" skip
2 x 10m forward "quick lift" ankling

HRDL:

10 x standing lead-leg at fence
2 x 10m lead-leg skips over hurdles
2 x 10m trail-leg skips over hurdles

• 4 x 60m acceleration @ 90% max.

HRDL:

4 x 60m acceleration over hurdle

SPEED COOL DOWN (wks 1-5) PHASE 1

• 400m EASY run

2 x 10m hop-steps

10 x Reverse Hyper leg lift
2 x 10m Fwd/Bkwd Lunge w/ Twist
10 x Push Ups
10 x Dbl Leg Hop Ups on bench

• 400m EASY run

2 x 10m forward bounds

10 x Mountain Climber on bench
2 x 10m Lateral Lunge
10 x Triceps Dips on bench
10 x Forward Step Up/Knee Drive

• 400m EASY run

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

• 800m BAREFOOT EASY run on turf (three turf laps)

Stretch circuit

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

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

9 x 60m jog / strength circuit:

-inverted splits/scissors
-hip/trunk rotations, on back, shldr flat
-hurdle position leg lifts
-hands & knees scorpions
-sit ups, hands through knees
-hands & knees hydrants
-opposite arm/leg raises, on chest
-scoops
-side leg raises, toe twists

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-360 jog x 2
-crossover forward jog x 1
-wide step forward jog x 1

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

-adductor resistance half squat circles (push knees in) x 60 sec. each.
-abductor resistance half squat circles (push knees out) x 60 sec. each.

• 400m EASY run

Stretch circuit

JUMP TECHNIQUE

Choose 1-2 from following:

8 x slow motion penultimate/take off
2 x dead-leg run over 3-5 hrlds
8 x hop-step into pit
4 x sngl arm alternating knee drive rhythm skip over 7 hrlds
4 x dbl arm alternating transfers over 7 hrlds
4 x dbl arm side step over 7 hrlds

FITNESS WARM-UP

(wks 1-5) PHASE 1

• 800m EASY run

9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-hands & knees bird dogs
-pistons, "h" position to full extension
-side clams
-oscillating heel reach
-full squats
-chest lifts
-standing "h"

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-360 skip x 2
-lateral saddle swing 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.

• 800m EASY run

2 x 20m barefoot circuit on grass:

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

Stretch circuit

HRDL TECHNIQUE

Choose 2-3 from following:

2 x step over 5-7 hrlds
2 x lead-leg skip over 5-7 hrlds
2 x trail-leg skip over 5-7 hrlds
2 x 10 ground hurdles
2 x lateral knee drives over 5-7 hrlds
2 x lateral straight-leg drives over 5-7 hrlds
2 x lateral skip over 3-5 hrlds
2 x alternating knee drive rhythm skip over 5-7 hrlds
2 x 10 karioke knee drive over hrld

Choose 1 from following:

4 x lead-leg / trail leg one-steps over 3-5 hrlds
4 x full hurdle one-steps over 3-5 hrlds
4 x alternating lead/trail-leg over 4-8 half-in-lane hrlds

PLYO-SWISS BALL CIRCUIT

(wks 1-5) PHASE 1

60-90 seconds per activity. 50m Acceleration between each.

SWISS BALL:

1. *Supine* bridge on shldr
2. *Supine* inner thigh drop push
3. *Prone* stink bugs
4. *Lateral* oblique crunch (feet on wall)
5. *Supine* hamstring curl / hip thrust
6. *Supine* leg lift twists
7. *Prone* back extension w/ ball under hips, arms under chin (feet on wall)
8. *Supine* hands to ankles ball pass
9. *Prone* hips on ball snl leg lifts
10. *Lateral* side split leg raises

MEDICINE BALL:

1. Good mornings ball behind head
2. Standing straight arm circles
3. Standing straight arm twists
4. Sit up diagonal wood chops
5. Kettle bell swings
6. Inchworm roll out/back
7. *Lateral* straight arm-to-arm rainbow
8. 1-ball 2-hand push-up pop-ups
9. Squat press alternate front / over-head
10. Back to front slams

STRETCH CIRCUIT SP ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle behind glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to chest)

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2011 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

1 x 10 forward hurdle skip-overs
2 x 10 over/under hurdle walk-overs

• 800m EASY run

10 x side to side leg swings
10 x front to back leg swings

• 400m EASY run

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

• 4 x 60m strides @ 70% max.

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

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

2 x 15m forward straight leg scissor
2 x 15m forward "quick lift" skip
2 x 15m forward "quick lift" ankling

HRDL:

10 x standing lead-leg at fence
2 x 10m lead-leg skips over hurdles
2 x 10m trail-leg skips over hurdles

• 4 x 180° hop turn, 60m acceleration @ 90% max.

HRDL:

4 x 60m acceleration over hurdle

SPEED COOL DOWN (wks 6-10) PHASE 2

• 400m EASY run

2 x 20m hop-steps

10 x Reverse Hyper leg lift
2 x 10m Fwd lunge/forearm dip
10 x Push Ups SPIDER
2 x 10m dbl leg lateral hop-squats

• 400m EASY run

2 x 20m forward bounds

10 x Mountain Climber matrix
5 x Lunge Matrix
10 x Triceps Dips on bench
10 x Lateral Step Up/Knee Drive

• 400m EASY run

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

• 800m BAREFOOT EASY run on turf (three turf laps)

Stretch circuit

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

• 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 hold, toe twists
-opposite arm/leg raises w/ lateral movement, on chest
-hands & knees forward hip rotations over hurdle
-suitcases, on tail bone
-chest lifts
-pistons, "h" position to full extension
-hands & knees backward hip rotations over hurdle

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-360 jog x 2
-crossover forward jog x 1
-wide step forward jog x 1

4 x lateral in place quick steps, 60m progressive accelerations @ 70, 75, 80, 85% max.

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

-2 x 10 speed skater squats
-2 x 10m banana rolls

• 400m EASY run

Stretch circuit

JUMP TECHNIQUE

Choose 1-2 from following:

8 x slow motion penultimate/take off
2 x dead-leg run over 3-5 hrlds
8 x hop-step into pit
4 x sngl arm alternating knee drive rhythm skip over 7 hrlds
4 x dbl arm alternating transfers over 7 hrlds
4 x dbl arm side step over 7 hrlds

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

• 800m EASY run

9 x 60m jog / strength circuit:

-inverted leg splits & scissors
-hip/trunk rotations, on back, shldr flat
-super dogs straight leg lift
-v-ups
-wave squats
-russian twists
-push up position, bird dogs
-legs up arm crawl, on chest
-standing "h" strike drill

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-360 skip x 2
-lateral saddle swing 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, etc.

• 800m EASY run

2 x 20m barefoot circuit in sand pit:

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

Stretch circuit

HRDL TECHNIQUE

Choose 2-3 from following:

2 x lead-leg skip over 5-7 hrlds
2 x trail-leg skip over 5-7 hrlds
2 x 10 ground hurdles
2 x lateral knee drives over 5-7 hrlds
2 x lateral straight-leg drives over 5-7 hrlds
2 x lateral skip over 3-5 hrlds
2 x alternating knee drive rhythm skip over 5-7 hrlds
2 x 10 karioke knee drive over hrdl

Choose 1 from following:

4 x lead-leg / trail leg one-steps over 3-5 hrlds
4 x full hurdle one-steps over 3-5 hrlds
4 x alternating lead/trail-leg over 4-8 half-in-lane hrlds

PLYO-SWISSBALL CIRCUIT (wks 6-15) PHASE 2 & 3

60-90 seconds per activity. 50m Acceleration between each.

SWISS BALL:

- Supine bridge on shldr lateral walk
- Supine inner thigh drop push
- Pone stink bug to pike
- Lateral oblique crunch twist (feet on wall)
- Supine bridge hamstring curl
- Supine leg lift twists
- Prone hips on ball back extension arms straight in front (feet on wall)
- Supine hand to ankle ball pass
- Prone hips on ball dbi leg lift
- Lateral side split leg raises

MEDICINE BALL:

- Good mornings ball behind head
- Diagonal squat wood chop
- Standing knee lift straight arm twist
- V up alternate straight leg straight arms ball to toe
- Kettle bell swings to jump
- Inchworm bounce out/back
- Lateral straight arm to arm rainbow
- 1 ball push up pop up switch
- Squat press to jump
- Rainbow side to side slams

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

2011 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

2 x 10 over/under pause/reverse hurdle walk-overs

• 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 lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 4 x 60m strides @ 70% max.

2 x 20m forward "B" skips
2 x 20m forward rotary run

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

2 x 20m forward straight leg scissor
2 x 20m forward "quick lift" skip
2 x 20m forward "quick lift" anking
HRDL:

10 x standing lead-leg at fence
2 x 10m lead-leg skips over hurdles
2 x 10m trail-leg skips over hurdles

• 4 x 360° hop turn, 60m acceleration @ 90% max.

HRDL:
4 x 60m acceleration over hurdle

SPEED COOL DOWN (wks 11-15) PHASE 3

• 400m EASY run

2 x 30m hop-steps

10 x Reverse Hyper leg lift
2 x 10 split lunge hops
10 x inverted Push Ups

• 400m EASY run

2 x 30m forward bounds

10 x Triceps Dips w/ leg lift
2 x 10 Dbl Leg Bleacher Hop ups

• 400m EASY run

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

• 800m BAREFOOT EASY run on turf (three turf laps)

Stretch circuit

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

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

7 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-push up position, bird dogs
-arm stand, side leg raises, toe twists
-arm/leg scissors, on chest
-v-ups
-super dogs straight leg lift

Jog Variation Between Each:

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

4 x lateral in place dbl leg hops. 60m progressive accelerations @ 70, 75, 80, 85% max.

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 & arm lifts

• 400m EASY run

-10 x burpees
-2 x 10m banana rolls

• 400m EASY run

Stretch circuit

JUMP TECHNIQUE

Choose 1-2 from following:

8 x slow motion penultimate/take off
2 x dead-leg run over 3-5 hrlds
8 x hop-step into pit
4 x sngl arm alternating knee drive rhythm skip over 7 hrlds
4 x dbl arm alternating transfers over 7 hrlds
4 x dbl arm side step over 7 hrlds

FITNESS WARM-UP

(wks 11-15) PHASE 3

• 800m EASY run

7 x 60m jog / strength circuit:

-inverted leg splits & scissors
-hip/trunk rotations, on back, shldr flat
-hands & knees, Donkey Whips
-straight leg lifts/scissors, on back
-legs up arm crawl, on chest
-scoop thrusts
-standing "h" SWITCH drill

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-360 skip x 2

FITNESS COOL DOWN (wks 11-15) PHASE 3

• 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.

• 800m EASY run

2 x 20m barefoot circuit on grass:

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

Stretch circuit

HRDL TECHNIQUE

Choose 2-3 from following:

2 x dead-leg run over 3-5 hrlds
2 x step over 5-7 hrlds
2 x lead-leg skip over 5-7 hrlds
2 x trail-leg skip over 5-7 hrlds
2 x 10 ground hurdles
2 x lateral knee drives over 5-7 hrlds
2 x lateral straight-leg drives over 5-7 hrlds
2 x lateral skip over 3-5 hrlds
2 x alternating knee drive rhythm skip over 5-7 hrlds
2 x 10 karioke knee drive over hrdl

Choose 1 from following:

4 x lead-leg / trail leg one-steps over 3-5 hrlds
4 x full hurdle one-steps over 3-5 hrlds
4 x alternating lead/trail-leg over 4-8 half-in-lane hrlds

PLYO-SWISSBALL CIRCUIT

(wks 6-15) PHASE 2 & 3

60-90 seconds per activity. 50m Acceleration between each.

SWISS BALL:

1. *Supine* bridge on shldr lateral walk
2. *Supine* inner thigh drop push
3. *Pone* stink bug to pike
4. *Lateral* oblique crunch twist (feet on wall)
5. *Supine* bridge hamstring curl
6. *Supine* leg lift twists
7. *Prone* hips on ball back extension arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass
9. *Prone* hips on ball dbl leg lift
10. *Lateral* side split leg raises

MEDICINE BALL:

1. Good mornings ball behind head
2. Diagonal squat wood chop
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight arms ball to toe
5. Kettle bell swings to jump
6. Inchworm bounce out/back
7. *Lateral* straight arm to arm rainbow
8. 1 ball push up pop up switc
9. Squat press to jump
10. Rainbow side to side slams

STRETCH CIRCUIT MD & LD ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle behind glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to chest)

2011 SPRING SEASON SP SCHEDULE

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 6	<p>7 Accel/Extensive Tempo Speed Warm Up 1x10m Standing Starts with walk back recovery btwn segments. 1x50m @ 95%. 1x2x100m every 60sec @ 1600m pace. Speed Cool Down</p>	<p>8 Intensive Tempo Tempo Warm Up 2x(3x150) @ 800m pace with 2 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 21". 1x150m @ 1600m pace with walk back 50m btwn segments. Tempo Cool Down •Weight circuit x 2.</p>	<p>9 Speed/Extensive Tempo Speed Warm Up TECHNIQUE: 1 group- Open Hand-offs. 6x100m EZ w/ 15m hit zone with walk back recovery btwn segments. 1x50m @ 95%. 3x100m 200m @ 1600m pace with walk across field recovery. Speed Cool Down</p>	<p>10 VO2 Fitness Warm Up TECHNIQUE: 1 group- Hurdle drills 7-8x300m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down •Weight circuit x 3.</p>	<p>11 Speed Speed Warm Up TECHNIQUE: 1 group- Blocks 150m test run. 3x80m HILL CHARGE @ 90% with 5 min. recovery btwn segments. Speed Cool Down</p>	<p>12 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x150m) @ 800m pace with 2 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 24". TECHNIQUE: 1 group- Open Hand-offs Tempo Cool Down •Weight circuit x 3.</p>
Feb 13	<p>14 NO SCHOOL Accel/Extensive Tempo Speed Warm Up TECHNIQUE: 2 groups- Long jump / High jump 1x15m Standing Starts with walk back recovery btwn segments. 1x50m @ 95%. HRDL: out of blocks over first 2 100/110m hrdls at 27/30" with discounted spacing. 1x4x100m every 60sec @ 1600m pace. Speed Cool Down</p>	<p>15 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Long jump 2x(3x150m) @ 800m pace with 2 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 24". 1x150m @ 1600m pace with walk back 50m btwn segments. Tempo Cool Down •Weight circuit x 2.</p>	<p>16 Speed/Extensive Tempo Speed Warm Up TECHNIQUE: 2 groups- Open Hand-offs / High jump 6x100m EZ w/ 20m hit zone with walk back recovery btwn segments. 1x50m @ 95%. HRDL: out of blocks over first 3 100/110m hrdls at 27/30" with discounted spacing. 3x100m 200m @ 1600m pace with walk across field recovery. Speed Cool Down</p>	<p>17 VO2 Fitness Warm Up TECHNIQUE: 1 group- Blocks 6-7x400m @ 3200m pace with equal time recovery btwn segments. Run as relays in equal ability pairs with open hand-off practice. Fitness Cool Down •Weight circuit x 3.</p>	<p>18 Speed Speed Warm Up TECHNIQUE: 1 group- Hurdle drills 150m test run. 3x80m HILL CHARGE @ 90% with 5 min. recovery btwn segments. Speed Cool Down</p>	<p>19 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x150m) @ 800m pace with 2 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 24". TECHNIQUE: 1 group- Blind Hand-offs Tempo Cool Down •Weight circuit x 3.</p>
Feb 20	<p>21 NO SCHOOL Accel/Extensive Tempo Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 1x15m Block Starts with walk back recovery btwn segments. 1x50m @ 95%. HRDL: out of blocks over first 3 100/110m hrdls at 27/30" with discounted spacing. 1x6x100m every 60sec @ 1600m pace. Speed Cool Down</p>	<p>22 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x180m) @ 800m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 24". 1x150m @ 1600m pace with walk back 50m btwn segments. Tempo Cool Down •Weight circuit x 3.</p>	<p>23 Speed/Extensive Tempo Speed Warm Up TECHNIQUE: 2 groups- Long jump / High jump 6x100m EZ w/ 25m hit zone with walk back recovery btwn segments. 1x50m @ 95%. HRDL: out of blocks over first 4 100/110m hrdls at 27/30" with discounted spacing. 4x100m 200m @ 1600m pace with walk across field recovery. Speed Cool Down</p>	<p>24 VO2 Fitness Warm Up TECHNIQUE: 2 groups- Blocks / Open Hand-offs 5-6x500m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down •Weight circuit x 3.</p>	<p>25 RACE: Team Time Trials</p>	<p>26 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x180m) @ 800m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 24". TECHNIQUE: 2 groups- Blind Hand-offs / Blocks & Open Hand-offs Tempo Cool Down •Weight circuit x 3.</p>
FEB 27	<p>28 Max & Speed Endurance Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 1x20m Block starts. 1x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 3 100/110m hrdls at 30/33" with discounted spacing. 1x6x100m every 60sec @ 1600m pace. Speed Cool Down</p>	<p>MARCH 1 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x180m) @ 800m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 27". 1x150m @ 1600m pace with walk back 50m btwn segments. Tempo Cool Down •Weight circuit x 3.</p>	<p>2 Speed Endurance Speed Warm Up TECHNIQUE: 2 groups- Long jump / High jump 1x120m @ 95% with 6 min. recovery btwn segments. Practice open hand-offs between during recovery. 2x100m @ 95% with 5 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m hrdls at 30/33" with discounted spacing. 2x80m @ 95% with 4 min. recovery btwn segments. Speed Cool Down</p>	<p>3 VO2 Fitness Warm Up TECHNIQUE: 2 groups- Blocks / Blind Hand-offs 4-5x600m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down •Weight circuit x 3.</p>	<p>4 RACE: Purple vs. White Intra-squad meet</p>	<p>5 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x200m) @ 800m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: over 300m hrdls at 27". TECHNIQUE: 2 groups- Triple jump / Blocks & Open Hand-offs Tempo Cool Down •Weight circuit x 3.</p>

2011 SPRING SEASON SP SCHEDULE

Activities Subject to Change. Practice is NEVER Cancelled!

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 6</p> <p>Active rest. *Stretch.</p>	<p>7</p> <p>Max & Speed Endurance Speed Warm Up TECHNIQUE: 2 groups- Long jump / High jump 4x20m Block starts 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 4 100/110m hrdls at 30/33" with normal spacing. 1x120m @ 95% with 6 min. recovery btwn segments. 1x100m @ 95%. Speed Cool Down</p>	<p>8</p> <p>Extensive Tempo Fitness Warm Up TECHNIQUE: 2 groups ROTATE- Blind Hand-offs / Hurdle drills & Open Hand-offs 3x(100m,200m,300m) @ 1600m pace with walk across field recovery btwn segments/sets. Fitness Cool Down *Weight circuit x 2.</p>	<p>9</p> <p>Speed Endurance Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 2x120m @ 95% with 6 min. recovery btwn segments. Practice blind hand-offs during recovery. 2x100m @ 95% with 5 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m hrdls at 30/33" with normal spacing. 1x80m @ 95%. HRDL: out of blocks over first 6 100/110m hrdls at 30/33" with normal spacing. Speed Cool Down</p>	<p>10</p> <p>Intensive Tempo Tempo Warm Up TECHNIQUE: 2 groups ROTATE- Blind Hand-offs / Hurdle Drills & Open Hand-offs 3x(3x180m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 300m hrdls at 27/33". Tempo Cool Down *Weight circuit x 2.</p>	<p>11</p> <p>RACE: Dan Gabor Distance Festival or VO2 Fitness Warm Up 6-7x400m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down</p>	<p>12</p> <p>RACE: Dan Gabor Sprint Festival</p>
<p>March 13</p> <p>Active rest. *Stretch.</p>	<p>14</p> <p>Max & Speed Endurance Speed Warm Up TECHNIQUE: 2 groups- Long jump / High Jump 4x20m Block starts 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 4 100/110m hrdls at 30/36" with normal spacing. 1x150m @ 95% with 8 min. recovery btwn segments. 1x100m @ 95%. Speed Cool Down</p>	<p>15</p> <p>Extensive Tempo Fitness Warm Up TECHNIQUE: 2 groups ROTATE- Blind Hand-offs / Hurdle drills & Blocks 2x(5x150m) @ 1600m pace with walk back 50m btwn segments, walk back 250m btwn sets. Fitness Cool Down *Weight circuit x 2.</p>	<p>16</p> <p>Special Endurance I Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 1x200m @ 95% with 10 min. recovery btwn segments. HRDL: over first 5 300m hrdls at 33/36". Practice blind hand-offs during recovery. 1x185m @ 95% with 8 min. recovery btwn segments. Practice blind hand-offs during recovery. 1x150m @ 95%. Speed Cool Down</p>	<p>17</p> <p>Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 3x(3x180m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 300m hrdls at 27/33". Tempo Cool Down *Weight circuit x 2.</p>	<p>18</p> <p>VO2 Fitness Warm Up TECHNIQUE: 1 group- Open Hand-offs 6-7x400m @ 3200m pace with equal time recovery btwn segments. Run as relays in equal ability pairs with open handoff practice. Fitness Cool Down</p>	<p>19</p> <p>RACE: Dublin Distance Fiesta or Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1 set over 27/33" 300m hrdls. TECHNIQUE: 2 groups- Blind Hand-offs / Blocks & Open Hand-offs Tempo Cool Down *Weight circuit x 3.</p>
<p>March 20</p> <p>Active rest. *Stretch.</p>	<p>21</p> <p>Max & Speed Endurance Speed Warm Up TECHNIQUE: 2 groups- Long jump / High jump 4x20m Block starts 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 4 100/110m hrdls at 30/36" with normal spacing. 1x150m @ 95% with 8 min. recovery btwn segments. Practice blind hand-offs during recovery. 1x120m @ 95%. Speed Cool Down</p>	<p>22</p> <p>Extensive Tempo Fitness Warm Up TECHNIQUE: 1 group- Hurdle drills 3x(100m,200m,300m) @ 1600m pace with walk across field recovery btwn segments/sets. Fitness Cool Down *Weight circuit x 3.</p>	<p>23</p> <p>Speed Endurance Speed Warm Up TECHNIQUE: 2 groups- Blind hand-offs / High jump 1x150m @ 95% with 8 min. recovery btwn segments. Practice blind hand-offs during recovery. 3x100m @ 95% with 5 min. recovery btwn segments. HRDL: out of blocks over first 8 100/110m hrdls at 30/36" with normal spacing. Speed Cool Down</p>	<p>24</p> <p>Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 3x(3x180m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 300m hrdls at 27/33". Tempo Cool Down *Weight circuit x 3.</p>	<p>25</p> <p>RACE: Stanford Invitational or VO2 Fitness Warm Up TECHNIQUE: 1 group- Blind Hand-offs 6-6x500m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down</p>	<p>26</p> <p>RACE: Stanford Invitational or Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1 set over 27/33" 300m hrdls. TECHNIQUE: 1 group- Blocks Tempo Cool Down *Weight circuit x 3.</p>
<p>March 27</p> <p>Active rest. *Stretch.</p>	<p>28</p> <p>Special Endurance I / Max Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 3x200m @ 95% with 10 min. btwn segments. HRDL: over last 4 300m hrdls at 30/33". Practice blind hand-offs during recovery. 3x150m @ 95% with 8 minutes btwn segments. HRDL: over last 4 300m hrdls at 30/33". ***---Or---*** 3x Long Jump Comp. Sim. ANI 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 5 100/110m hrdls at 30/36" with normal spacing. Speed Cool Down</p>	<p>29</p> <p>Extensive Tempo Fitness Warm Up TECHNIQUE: 1 group- Hurdle drills 16x100m every 60sec @ 1600m pace. Fitness Cool Down *Weight circuit x 2.</p>	<p>30</p> <p>RACE: DVAL Meet vs. Berean Christian, Ygnacio Valley</p>	<p>31</p> <p>Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 3x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of 5 equal ability athletes for continuous relay for each set. Tempo Cool Down *Weight circuit x 3.</p>	<p>APRIL 1</p> <p>VO2 Fitness Warm Up TECHNIQUE: 2 groups ROTATE- Jump run-through / Open & Blind Hand-offs 4-5x600m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down</p>	<p>2</p> <p>RACE: Livermore Wine Country Invitational</p>
<p>April 3</p> <p>Active rest. *Stretch.</p>	<p>4</p> <p>Special Endurance I / Max Speed Warm Up TECHNIQUE: 2 groups- Hurdle drills / High jump 1x250m @ 95% with 12 min. recovery btwn segments. HRDL: over last 4 300m hrdls at 30/36". Practice open hand-offs during recovery. 3x200m @ 95% with 10 min. recovery btwn segments. HRDL: over last 4 300m hrdls at 30/36". Practice blind hand-offs during recovery. 1x150m @ 95%. ***---Or---*** 3x Triple Jump Comp. Sim. ANI 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 5 100/110m hrdls at 33/39" with normal spacing. Speed Cool Down</p>	<p>5</p> <p>Extensive Tempo Fitness Warm Up TECHNIQUE: 1 group- Long jump 2x(6x150m) @ 1600m pace with walk back 50m btwn segments, walk back 250m btwn sets. Fitness Cool Down *Weight circuit x 3.</p>	<p>6</p> <p>RACE: DVAL Meet vs. Mt. Diablo, Concord</p>	<p>7</p> <p>Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Blind Hand-off 3x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Tempo Cool Down *Weight circuit x 3.</p>	<p>8</p> <p>VO2 Fitness Warm Up TECHNIQUE: 1 group- Triple jump 6-7x500m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down</p>	<p>9</p> <p>Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Tempo Cool Down *Weight circuit x 3.</p>

2011 SPRING SEASON SP SCHEDULE

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>April 10</p> <p>Active rest. *Stretch.</p> <p>11 Special Endurance I / Max Speed Warm Up TECHNIQUE: 2 groups- Long jump / High jump 1x250m @ 95% with 12 min. recovery btwn segments. HRDL: over last 3 300m hrdls at 30*36". Practice open hand-offs during recovery. 2x200m @ 95% with 10 min. recovery btwn segments. HRDL: over last 3 300m hrdls at 30*36". Practice blind hand-offs during recovery. 1x150m @ 95%. HRDL: over last 3 300m hrdls at 30*36". ***---0r---*** 2x3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m at 33/39" hrdls. with normal spacing. Speed Cool Down</p>	<p>April 17</p> <p>Active rest. *Stretch.</p> <p>18 Special Endurance I / Max Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 1x300m @ 95% with 12 min. recovery btwn segments. Practice open hand-offs during recovery. HRDL: over last 3 300m hrdls at 30*36". 2x250m @ 95% with 10 min. recovery btwn segments. Practice blind hand-offs during recovery. HRDL: over last 3 300m hrdls at 30*36". 2x200m @ 95%. HRDL: over last 3 300m hrdls at 30*36". ***---0r---*** 2x3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m hrdles at 33/39" with normal spacing. Speed Cool Down</p>	<p>April 24</p> <p>Active rest. *Stretch.</p> <p>25 NO SCHOOL Special Endurance I Speed Warm Up TECHNIQUE: 2 groups- Hurdle drills / High jump 1x300m @ 95% with 15 min. recovery btwn segments. HRDL: over last 3 300m hrdls at 30*36". ***---0r---*** 2x3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m hrdls. at 33/39" with normal spacing. Speed Cool Down</p>	<p>May 1</p> <p>Active rest. *Stretch.</p> <p>2 Speed Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 2x3x50m @ 98% 3 min. recovery btwn segments. 6 min. btwn sets. HRDL: out of blocks over first 5 100/110m hrdls. at 33*39" with normal spacing. ***---0r---*** 1x 4x100m handoffs. Speed Cool Down</p>	<p>12 Extensive Tempo Fitness Warm Up TECHNIQUE: 2 groups ROTATE- Blind Hand-offs / Hurdle drills & Blocks 14x100m @ 1600m pace with walk back 50m recovery btwn segments. Fitness Cool Down *Weight circuit x 3.</p>	<p>13 RACE: DVAL Meet vs. Northgate</p>	<p>14 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 3x(3x200m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of 5 equal ability athletes for continuous relay for each set. Tempo Cool Down *Weight circuit x 2</p>	<p>15 Extensive Tempo Fitness Warm Up TECHNIQUE: 1 group- Blind Hand-offs 3x(100m,200m,300m) @ 1600m pace with walk across field recovery btwn segments/sets. Fitness Cool Down</p>	<p>16 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x200m) @ 80, 85, 90% with 3 min. recovery btwn segments. 8 min. recovery btwn sets. TECHNIQUE: 1 group- Triple/Long jump Tempo Cool Down *Weight circuit x 3.</p>
<p>April 17</p> <p>Active rest. *Stretch.</p> <p>18 Special Endurance I / Max Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 1x300m @ 95% with 12 min. recovery btwn segments. Practice open hand-offs during recovery. HRDL: over last 3 300m hrdls at 30*36". 2x250m @ 95% with 10 min. recovery btwn segments. Practice blind hand-offs during recovery. HRDL: over last 3 300m hrdls at 30*36". 2x200m @ 95%. HRDL: over last 3 300m hrdls at 30*36". ***---0r---*** 2x3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m hrdles at 33/39" with normal spacing. Speed Cool Down</p>	<p>April 24</p> <p>Active rest. *Stretch.</p> <p>25 NO SCHOOL Special Endurance I Speed Warm Up TECHNIQUE: 2 groups- Hurdle drills / High jump 1x300m @ 95% with 15 min. recovery btwn segments. HRDL: over last 3 300m hrdls at 30*36". ***---0r---*** 2x3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m hrdls. at 33/39" with normal spacing. Speed Cool Down</p>	<p>26 NO SCHOOL Extensive Tempo Fitness Warm Up TECHNIQUE: 1 group- Long jump 4x(100m,200m,300m) @ 1600m pace walk across field recovery btwn segments. Fitness Cool Down *Weight circuit x 3.</p>	<p>27 NO SCHOOL Intensive Tempo Tempo Warm Up TECHNIQUE: 2 groups- Hurdle drills / High jump 3x(3x200m) @ 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>28 NO SCHOOL Extensive Tempo Fitness Warm Up TECHNIQUE: 2 groups ROTATE- Jump run-throughs / Blind Hand-offs 20x100m every 60s @ 1600m pace. Fitness Cool Down *Weight circuit x 3.</p>	<p>29 NO SCHOOL RACE: Bob Warren Relays</p>	<p>30 Intensive Tempo Tempo Warm Up TECHNIQUE: 1 group- Hurdle drills 2x(3x200m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of 5 equal ability athletes for continuous relay for each set. Tempo Cool Down *Weight circuit x 3.</p>		
<p>May 1</p> <p>Active rest. *Stretch.</p> <p>2 Speed Speed Warm Up TECHNIQUE: 2 groups- Triple jump / High jump 2x3x50m @ 98% 3 min. recovery btwn segments. 6 min. btwn sets. HRDL: out of blocks over first 5 100/110m hrdls. at 33*39" with normal spacing. ***---0r---*** 1x 4x100m handoffs. Speed Cool Down</p>	<p>3 Extensive Tempo TECHNIQUE: 1 group- Hurdle drills Fitness Warm Up 12x100m at @ 1600m pace walk back 50 recovery. Fitness Cool Down *Weight circuit x 3.</p>	<p>4 Special Endurance I Speed Warm Up TECHNIQUE: 2 groups- Hurdle drills / High jump 1x300m @ 95% with 15 min. recovery btwn segments. HRDL: over first 6 300m hrdls at 30*36". Practice blind hand-offs during recovery. 1x250m @ 95% with 12 min. recovery btwn segments. HRDL: over first 6 300m hrdls at 30*36". Practice blind hand-offs during recovery. 2x200m @ 95% with 10 min. recovery btwn segments. Speed Cool Down</p>	<p>5 Intensive Tempo Tempo Warm Up 3x(3x200m) @ 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 *Weight circuit x 3.</p>	<p>6 Extensive Tempo TECHNIQUE: 1 group- Hurdle drills Fitness Warm Up 4x100m,200m at @ 1600m pace walk across recovery. Fitness Cool Down</p>	<p>7 Speed Speed Warm Up 1x100m handoffs ***---0r---*** 3x Long Jump. 3x Triple Jump. Competition Simulation ***---0r---*** 6x40m block starts. HRDL: over 100/110m hrdls at 33*39" with normal spacing. Speed Cool Down *Weight circuit x 3.</p>			

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 8 Active rest. *Stretch.	9 Speed Speed Warm Up 4 x 100m handoffs & Event work Speed Cool Down	10 Frosh Soph: Extensive Tempo Fitness Warm Up 7x100m at @ 1600m pace walk back 50m recovery Fitness Cool Down Varsity: Tempo Warm Up 2x(3x200m) @ 600m pace with 2:30 min. recovery btwn segments, 8 min. recovery btwn sets. Tempo Cool Down	11 RACE: DVAL FS Finals or Varsity: Extensive Tempo Fitness Warm Up 7x100m @ 1600m pace walk back 50 recovery. Fitness Cool Down	12 RACE: DVAL VAR Trials	13 Extensive Tempo Fitness Warm Up 7x100m @ 1600m pace walk back 50 recovery. Fitness Cool Down	14 RACE: DVAL VAR Finals
May 15 Active rest. *Stretch.	16 Speed Speed Warm Up 4 x 100m handoffs & Event Specific work Speed Cool Down	17 Active Rest TBA	18 Intensive Tempo Tempo Warm Up 2x(3x200m) @ 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	19 Extensive Tempo Fitness Warm Up 4x100m,200m at @ 1600m pace walk across recovery. Fitness Cool Down	20 Warm-up Discuss meet Cool down	21 RACE: NCS Finals
May 22 Active rest. *Stretch.	23 Speed Speed Warm Up 4 x 100m handoffs & Event Specific work Speed Cool Down	24 Active Rest TBA	25 Extensive Tempo Fitness Warm Up 7x100m @ 1600m pace walk back 50m recovery. Fitness Cool Down	26 Warm-up Discuss meet Cool down	27 RACE: MOC Trials	28 Race: MOC Finals
May 29 Active rest. *Stretch.	30 NO SCHOOL Speed Speed Warm Up Event specific work Speed Cool Down	31 Active Rest TBA	MAY 1 Extensive Tempo Fitness Warm Up 7x100m @ 1600m pace walk back 50m recovery. Fitness Cool Down	2 Warm-up Discuss meet Cool down	3 RACE: CIF Trials	4 RACE: CIF Finals

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 endurance work for sprinters broken down into small segments. Pace is about equal to mile race pace assuming the athlete trained for the mile. Example: A 60 second 400m 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 3800m 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 should feel as though they are on the verge of muscle shutdown near the end of the last rep. If they actually do cramp up 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 400m sprinter 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 is all about execution at full velocity. Short ground contact time. Get leg moving forward as soon as possible. Maintain pelvic stability. 20-40m zone.

Short Speed Endurance Similar to 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 lactic acid should be flooding the system.

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 possible as far as possible 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 possible for as long as possible 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.

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