

FALCON TRACK & FIELD

2012 endurance WINTER CONDITIONING

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP

Used for competition & high or medium intensity training sessions

• 800m EASY run

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

• 800m MEDIUM run

10 x Side Leg Swings on fence
10 x Forward/Backward Leg Swings on fence

• 800m MEDIUM run

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

• 1200m MEDIUM run

4 x 30m ladder accelerate (on the hash-marks!), 10m sprint, 30m decelerate

PERFORMANCE COOL-DWN

• 1600m MEDIUM run

10 x Forward Trail Leg over hrdl
10 x Push Ups
2 x 10m Fwd/Bkd Lunge with Twist
10 x Double Leg Jump Ups on bench

• 800m EASY run

10 x Backward Trail Leg over hrdl
10 x Triceps Dips on bench
2 x 10m Lateral Lunge
10 x Lateral Step Up/Knee Drive

• 800m EASY run

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

• 600m BAREFOOT EASY run on turf (3 turf laps)

Stretch circuit

FITNESS WARM-UP

Used for medium or easy (recovery) intensity training sessions

• 800m easy run

A: CIRCUIT

11 x 40-60m 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
-hands & knees hydrants
-adductor 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

B: CIRCUIT

9 x 40-60m jog / strength circuit:

-hip/trunk rotations, on back, shldr flat
-side clams (arms)
-pistons, "h" position to full extension
-side clams (legs)
-hands & knees bird dogs
-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-DWN

2 x 20-30m barefoot drills:

-crazy feet (toes up/out, toes up/in, heels up/out, heels up/in)

6 minute plank drill:

-continues rotation: front plank/side plank/back plank/pushups

Stretch circuit

PLYOBALL-SWISS BALL FITNESS CIRCUIT

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

SWISS BALL:

1. Supine Bridge on Shoulders
2. Inner Thigh Drop Push
3. Stink Bugs
4. Sideways Oblique Crunch
5. Supine Hamstring Curl/Hip Thrust
6. Supine Leg Lift Twists
7. Hand to Ankle Ball Pass
8. Prone Hips on Ball Leg Lifts
9. Side Split Leg Raises

PLYO BALL:

1. Good Mornings
2. Standing Straight Arm Circles
3. Standing Straight Arm Twists
4. Wood Chop Sit-Up
5. 2 Ball Push up
6. Lateral straight-arm Rainbows
7. Inchworm Rollout/back
8. Russian Twist
9. Squat Press to Overhead

WEIGHT CIRCUIT

2-3 circuits:

-12 bench press
-12 triceps push downs
-12 military press
-12 upright rows
-12 arm curls
-12 lat pulls
-12 bent rows
-20 side pulls

STRETCH CIRCUIT

-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)

2011-2012 FALCON TRACK & FIELD ENDURANCE WINTER CONDITIONING SCHEDULE

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
DECEMBER 4 LSD 30-40min	5 EASY 30 min.	6 EASY 25-35 min. 6 Minute Abdominals	7 Play ULTIMATE on grass.	8 EASY 30 min. 6 Minute Abdominals	9 EASY 30-40 min.	10 OFF Pool/Bike Cross Train
DECEMBER 11 Fitness warm up B LSD 40-65min Fitness cool down	12 Performance warm up EASY 40 min. 4 x UPHILL STRIDES. Performance cool down	13 Fitness warm up A EASY 25-35 min. 2 x Weight circuit	14 Fitness warm up B LSD 45-60 min. 4 x 100m STRIDES Fitness cool down	15 Fitness warm up A EASY 25-40 min. 2 x Weight circuit	16 Performance warm up 30-40 min. random FARTLEK run Performance cool down	17 EASY 30 min.
DECEMBER 18 Fitness warm up B LSD 45-70min Fitness cool down	19 Performance warm up EASY 15 min. 3 x HILL sets (6 hill reps total) EASY 10 min. Performance cool down	20 Fitness warm up A EASY 25-35 min. 2 x Weight circuit	21 Fitness warm up B LSD 50-65 min. 4 x 100m STRIDES Fitness cool down	22 Fitness warm up A EASY 25-40 min. 2 x Weight circuit	23 Performance warm up EASY 15 min. 3 x 1600Mm @ 20k pace w/ 400m jog between each. EASY 10 min. run Performance cool down	24 OFF Pool/Bike Cross Train
DECEMBER 25 Fitness warm up B LSD 50-75min Fitness cool down	26 Performance warm up EASY 40 min. 6 x UPHILL STRIDES. Performance cool down	27 Fitness warm up A EASY 25-40 min. 3 x Weight circuit	28 Fitness warm up B LSD 55-70 min. 6 x 100m STRIDES Fitness cool down	29 Fitness warm up A EASY 30-45 min. 2 x Weight circuit	30 Performance warm up 40-50 min. random FARTLEK run Performance cool down	31 EASY 30 min.
JANUARY 1 Fitness warm up B LSD 60-80min Fitness cool down	2 Performance warm up EASY 20 min. 4 x HILL sets (8 hill reps total) EASY 10 min. Performance cool down	3 Fitness warm up A EASY 25-40 min. 3 x Weight circuit	4 Fitness warm up B LSD 60-75 min. 6 x 100m STRIDES Fitness cool down	5 Fitness warm up A EASY 30-45 min. 3 x Weight circuit	6 Performance warm up EASY 15 min. 4 x 1600Mm @ 20k pace w/ 400m jog between each. EASY 10 min. run Performance cool down	7 EASY 30 min.

PHASE 2

JANUARY 8 Fitness warm up B LSD 45-75min Fitness cool down	9 Performance warm up EASY 40 min. 6 x UPHILL STRIDES. Performance cool down	10 Fitness warm up A EASY 35 min. 2 x Weight circuit	11 Plyoball-Swiss Ball Fitness Circuit LSD 50-70 min. 4 x 150m @ 3200m pace Fitness cool down	12 Fitness warm up A EASY 40 min. 2 x Weight circuit	13 Performance warm up EASY 20 min. 2 x 1-2-3min. FARTLEK EASY 20 min. Performance cool down	14 OFF Pool/Bike Cross Train
JANUARY 15 Fitness warm up B LSD 55-80min Fitness cool down	16 Performance warm up EASY 20 min. 4 x HILL sets (8 hill reps total) EASY 15 min. Performance cool down	17 Fitness warm up A EASY 35 min. 3 x Weight circuit	18 Plyoball-Swiss Ball Fitness Circuit LSD 55-75 min. 4 x 150m @ 3200m pace Fitness cool down	19 Fitness warm up A EASY 40 min. 3 x Weight circuit	20 Performance warm up EASY 20 min. 3 x 2000m @ 20k pace w/ 400m jog between each 4 x 100m STRIDES EASY 10 min. Performance cool down	21 EASY 30 min. Weights on your own
JANUARY 22 Fitness warm up B LSD 60-80min Fitness cool down	23 Performance warm up EASY 40 min. 6 x UPHILL STRIDES. Performance cool down	24 Fitness warm up A EASY 40 min. 3 x Weight circuit	25 Plyoball-Swiss Ball Fitness Circuit LSD 60-75 min. 4 x 150m @ 3200m pace Fitness cool down	26 Fitness warm up A EASY 40 min. 3 x Weight circuit	27 Performance warm up EASY 20 min. 3 x 1-2-3min. FARTLEK EASY 20 min. Performance cool down	28 EASY 30 min. Weights on your own
JANUARY 29 Fitness warm up B LSD 65-80min Fitness cool down	30 Performance warm up EASY 20 min. 4 x HILL sets (8 hill reps total) EASY 15 min. Performance cool down	31 Fitness warm up A EASY 45 min. 3 x Weight circuit	FEBRUARY 1 Plyoball-Swiss Ball Fitness Circuit LSD 65-75 min. 4 x 150m @ 3200m pace Fitness cool down	2 Fitness warm up A EASY 40 min. 3 x Weight circuit	3 Performance warm up EASY 20 min. 4 x 2000m @ 20k pace w/ 400m jog between each 4 x 100m STRIDES EASY 10 min. Performance cool down	4 EASY 30 min. Weights on your own TRACK & FIELD PRACTICE STARTS MONDAY FEBRUARY 6th