

Lansing Bobcats Track & Field

2019 Spring Season Training

PRESEASON

- **NOVICE:** If you have never participated in varsity track and field OR if you have taken a season away from a varsity sport, work towards the following goals before the beginning of the varsity season:
 - Run at least 2-4 laps around the track or 10 min without stopping.
 - Hold a forward plank for at least 30 seconds.
 - 25-50m each: skip, walking lunge, acceleration
 - Watch the videos on the lansingxctf.weebly.com website to learn some of our most often used dynamic exercises, and start to work towards mastering these skills.
- **INTERMEDIATE/THROWERS:** if you have some experience or base level of conditioning but have limited time, work towards the following goal before the beginning of the varsity season:
 - Complete the warmup and cooldown listed at least 4 times a week.
 - Complete 2 days of strength.
- **ADVANCED/VETERAN:** Follow the three weeks listed below if you are an experienced varsity track and field athlete (or if you have been participating in a winter varsity sport).

IMPORTANT:

- HAVE FUN! Find some friends to join you as you begin your training to prepare for track and field.
- There is a place for EVERYONE in our program. While we recommend that you start to prepare for the season, we will support our athletes no matter what level of fitness or experience they bring. Everyone can improve, no matter where they begin.
- YOU NEVER REGRET WORKING OUT. A little something is better than nothing. But also:
- DO NOT SKIP AHEAD. If you find that Preseason Week 1 is challenging, or you can't complete the whole week due to scheduling constraints, do NOT move on to Week 2. Just repeat Week 1 again. It's better to increase your workload gradually than to do too much too soon and get injured before we even begin.
- ASK QUESTIONS. If you are confused or aren't sure what to do, just ask a captain or coach or veteran athletes.
- HAVE FUN! (This is an intentional repeat.) If you're planning to go skiing or hiking or swimming, that can take the place of a workout during preseason.

2019 Warmup/Cooldown/GSM Routines – VARSITY

PRESEASON

PRESEASON Fitness Warmup	PRESEASON Performance Warmup:	PRESEASON Strength A: 2-3 circuits x8 reps, MAX wt
2 laps easy Leg swings (lateral, front/back) Hands & Knees scorpions Hands and Knees Hip Circles Hands and Knees Hydrants 50m each: Forward Jog High Knees Walking lunges Scoops Walking Leg swings A Skips B Skips Twitches High Knee Accelerations	-1 lap easy -leg swings on fence - 1 lap easy -2x20m skips with arms circles -2x20m lateral shuffle with arm swings -2x20m carioca -1 lap easy 4x50m quick feet accelerations	A1. Dumbbell bench press A2. Dumbbell bent row A3. Dumbbell lunge walk B1. Pull up B2. Dumbbell military press B3. Deadlift (barbell) (or med ball good morning)
Fitness Cooldown: Barefoot drills then Plank matrix (F/R/L/F, 1 min each) into 10 pushups Stretch	PRESEASON Performance Cooldown: Resistance bands: -20m lateral squat walk 10x prone and lateral straight leg lift 10x dead bug 10x donkey kick 10x standing leg matrix CORE H -600m barefoot run, barefoot drills & stretch	C1. Dumbbell bicep curls C2. Tricep press (machine or dumbbell) C3. Dumbbell standing side bends/pulls
Barefoot drills: -1 lap barefoot -25m each: -- Up on toes forward/back -- Heels to toes forward -- Toes to heels backward -- Duck walk (toes out) -- Pigeon walk (toes in) -- 2x10 heel raises/drops (on stair) -- 60 sec toe lift/tap	Ladder Drills: Double hopscotch, slalom, snake Half step x2 Quick step Lateral shuffle (skip a step as you shuffle across) Lateral XC Step Icky Shuffle Speed Skater	PRESEASON Strength B: 2-3 circuits x8 reps, MAX wt A1. Renegade Rows (dumbbell) A2. Bent fly (dumbbell) A3. Full Squat (barbell) B1. Pull up B2. Straight arm raise matrix (front/side) (dumbbell) B3. Kettlebell swing C1. Russian twist (med ball or plate) C2. 60sec running arms (dumbbells) C3. Scales/pillar dips (med ball or dumbbell)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Preseason 1	<p>FEBRUARY 11 ALL: PRESEASON Performance Warmup</p> <p>Sprints/Jumps: --1600m jog turns, stride straight --2x300@400 race pace (all out), 5 min walk between -- 2x150m @ 800 race pace, 30s between -- 3x40m all out, 30 sec between --Easy 5 min</p> <p>Mid/Distance: --20 min easy --2x (2 min easy, 4 min @20K pace, 1 min easy, 2 min @20K pace) --3x200m @ 800pace with 200m jog --10 min easy</p> <p>ALL: PRESEASON Performance Cooldown</p>	<p>12 ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --800m jog turns, stride straight --6x200m @600 race pace, 3 min standing rest between --Easy 5 min jog --4xhill (if shed to track lot or hill behind locker rooms to softball batting cages), all out effort with walk back --Easy 5 min jog</p> <p>Mid/Distance: --30-45 min recovery run</p> <p>ALL: PRESEASON Strength A</p> <p>ALL: Fitness Cooldown</p>	<p>13 ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --1200m jog turns, stride straight --2x600m @800m pace (quick, but well under control) Walk 1000m or 8 min between --2x300m @800m pace, 5 min walk between --Easy 5 min</p> <p>Mid/Distance: --40-60 min steady run</p> <p>ALL: Fitness Cooldown</p>	<p>14 ALL: PRESEASON Performance Warmup</p> <p>Sprints/Jumps: --1600m jog turns, stride straight --1x350m all out, 12 min walk after -- 3x200 all out, 5 min walk after --Easy 5 min</p> <p>Mid/Distance: --20 min easy --3-6 x 90 sec@5K effort, 90 sec moving recovery --4-6 x 45 sec @ mile effort, 90 sec moving recovery --10 min easy</p> <p>ALL: PRESEASON Performance Cooldown</p>	<p>15 INDOOR: Section IV Class Meet</p> <p>Come cheer on your teammates at Barton Hall!</p>	<p>16 ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --Easy 10 min. --4x150@800m pace (quick, but well under control), walk back. --Easy 5 min</p> <p>Mid/Distance: --40-60 min steady run</p> <p>ALL: PRESEASON Strength B</p> <p>ALL: Fitness Cooldown</p>
Preseason 2	<p>18 VACATION ALL: PRESEASON Performance Warmup</p> <p>Sprints/Jumps: --1600m jog turns, stride straight --3x300@400 race pace (all out), walk 500m between -- 2x150m @ 800 race pace (quick but well under control), 50m walk between -- 3x40m HILL all out (shed to track parking lot), 30 sec walk between --Easy 5 min</p> <p>Mid/Distance: --20 min easy --3x (2 min easy, 5 min @20K pace, 1 min easy, 1 min @20K pace) --3x200m @ 800pace with 200m jog --10 min easy</p> <p>ALL: PRESEASON Performance Cooldown</p>	<p>19 VACATION ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --800m jog turns, stride straight --10-12x 200m @800m pace (quick but under control) with double time standing recovery (you can run this as a relay if you want) These should be CONTINUOUS. --Easy 5 min jog</p> <p>Mid/Distance: --30-50 min recovery run</p> <p>ALL: PRESEASON Strength A (or B if you didn't do it last week)</p> <p>ALL: Fitness Cooldown</p>	<p>20 VACATION ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --1200m jog turns, stride straight --2x500m @800m pace (quick, but well under control) Walk 1100m or 8 min between --2x200m @800m pace (quick but under control), 5 min walk between --4x40m all out with 30s walk between. --Easy 5 min</p> <p>Mid/Distance: --40-65 min steady run</p> <p>ALL: Fitness Cooldown</p>	<p>21 VACATION ALL: PRESEASON Performance Warmup</p> <p>Sprints/Jumps: --1600m jog turns, stride straight --1x350m all out, 12 min walk after -- 3x400 all out, 5 min walk after --Easy 5 min</p> <p>Mid/Distance: --20 min easy --6-10x 150m hills (kinder playground to track) at 90%max effort, jog back. --10 min easy</p> <p>ALL: PRESEASON Performance Cooldown</p>	<p>22 VACATION ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --Easy 20 min. --Ladder Drills</p> <p>Mid/Distance: --30-45 min recovery run</p> <p>ALL: PRESEASON Strength B (or A if you did B on Tuesday)</p> <p>ALL: Fitness Cooldown</p>	<p>23 INDOOR: State Qualifiers</p> <p>Come cheer on your teammates at Barton Hall!</p>
Preseason 3	<p>25 ALL: PRESEASON Performance Warmup</p> <p>Sprints/Jumps: --1600m jog turns, stride straight --3x300@400 race pace (all out), walk 500m between -- 2x200m @ 800 race pace (quick but well under control), 50m walk between -- 3x40m 95% max effort/all out, 30 sec walk between --Easy 5 min</p> <p>Mid/Distance: --20 min easy --20 min progression run (start easy and every 2 min, shift a bit faster to end at 10K pace) --6x20 sec surges (to mile pace) with 40sec jog after each --10 min easy</p> <p>ALL: PRESEASON Performance Cooldown</p>	<p>26 ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --800m jog turns, stride straight --6-8x 200m @600m pace (slightly less than all-out effort) with 3 min standing rest between --Easy 5 min jog --4x HILLS (locker rooms to softball batting cages) at 80% max effort, easy jog back. --Easy 5 min jog</p> <p>Mid/Distance: --35-50 min recovery run</p> <p>ALL: PRESEASON Strength A (or B if you didn't do it last week)</p> <p>ALL: Fitness Cooldown</p>	<p>27 ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --1200m jog turns, stride straight --2x600m @800m pace (quick, but well under control) Walk 12 min between --3x250m @ 1600m pace (brisk, not as fast as your "quick" pace) with 1 min walking recovery. --2x300@800m pace (quick but under control), walk 500m between --Easy 5 min</p> <p>Mid/Distance: --45-65 min steady run</p> <p>ALL: Fitness Cooldown</p>	<p>28 ALL: PRESEASON Performance Warmup</p> <p>Sprints/Jumps: --1600m jog turns, stride straight --1x350m all out, 10 min walk after -- 4x200 all out, 5 min walk after --Easy 5 min</p> <p>Mid/Distance: --20 min easy --6x 90sec @5k effort with 90 sec jog between --8x45sec @mile race effort with 90 sec jog between --10 min easy</p> <p>ALL: PRESEASON Performance Cooldown</p>	<p>MARCH 1 ALL: PRESEASON Fitness Warmup</p> <p>Sprints/Jumps: --Easy 20 min. --Ladder Drills</p> <p>Mid/Distance: --30-45 min recovery run</p> <p>ALL: PRESEASON Strength B (or A if you did B on Tuesday)</p> <p>ALL: Fitness Cooldown</p>	<p>2 INDOOR: NYSPHSAA Champs</p>

