

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

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

Fitness Cooldown:

Barefoot drills then
 Plank matrix (F/R/L/F, 1 min each) into 10 pushups
 Stretch

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 wlk (toes in)
 --2x10 heel raises/drops (on stair)
 --60 sec toe lift/tap

PRESEASON Performance Warmup:

-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

PRESEASON Performance Cooldown:

Resistance bands:
 -20m lateral squat walk
 10x prone and lateral straight leg lift
 10xdead bug
 10xdonkey kick
 10x standing leg matrix
 CORE H
 -600m barefoot run, barefoot drills & stretch

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 A: 2-3 circuits x8 reps, MAX wt

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)

C1. Dumbbell bicep curls
 C2. Tricep press (machine or dumbbell)
 C3. Dumbbell standing side bends/pulls

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	FEBRUARY 11 ALL: PRESEASON Performance Warmup Sprints/Jumps: --1600m jog turns, stride straights --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 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 ALL: PRESEASON Performance Cooldown	12 ALL: PRESEASON Fitness Warmup Sprints/Jumps: --800m jog turns, stride straights --6x200m @600 race pace, 3 min standing rest between --Easy 5 min jog --4xhill (ie shed to track lot or hill behind locker rooms to softball batting cages), all out effort with walk back --Easy 5 min jog Mid/Distance: --30-45 min recovery run ALL: PRESEASON Strength A ALL: Fitness Cooldown	13 ALL: PRESEASON Fitness Warmup Sprints/Jumps: --1200m jog turns, stride straights --2x600m @800m pace (quick, but well under control) Walk 1000m or 8 min between --2x300m @800m pace, 5 min walk between --Easy 5 min Mid/Distance: --40-60 min steady run ALL: Fitness Cooldown	14 ALL: PRESEASON Performance Warmup Sprints/Jumps: --1600m jog turns, stride straights --1x350m all out, 12 min walk after --3x200 all out, 5 min walk after --Easy 5 min 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 ALL: PRESEASON Performance Cooldown	15 INDOOR: Section IV Class Meet Come cheer on your teammates at Barton Hall! Sprints/Jumps: --Easy 10 min. --4x150@800m pace (quick, but well under control), walk back. --Easy 5 min Mid/Distance: --40-60 min steady run ALL: PRESEASON Strength B ALL: Fitness Cooldown	
	18 VACATION ALL: PRESEASON Performance Warmup Sprints/Jumps: --1600m jog turns, stride straights --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 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 ALL: PRESEASON Performance Cooldown	19 VACATION ALL: PRESEASON Fitness Warmup Sprints/Jumps: --800m jog turns, stride straights --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 Mid/Distance: --30-50 min recovery run ALL: PRESEASON Strength A (or B if you didn't do it last week) ALL: Fitness Cooldown	20 VACATION ALL: PRESEASON Fitness Warmup Sprints/Jumps: --1200m jog turns, stride straights --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 Mid/Distance: --40-65 min steady run ALL: Fitness Cooldown	21 VACATION ALL: PRESEASON Performance Warmup Sprints/Jumps: --1600m jog turns, stride straights --1x350m all out, 12 min walk after --3-4x200 all out, 5 min walk after --Easy 5 min Mid/Distance: --20 min easy --6-10x 150m hills (kinder playground to track) at 90%max effort, jog back. --10 min easy ALL: PRESEASON Performance Cooldown	22 VACATION ALL: PRESEASON Fitness Warmup Sprints/Jumps: --Easy 20 min. --Ladder Drills Mid/Distance: --30-45 min recovery run ALL: PRESEASON Strength B (or A if you did B on Tuesday) ALL: Fitness Cooldown	
	25 ALL: PRESEASON Performance Warmup Sprints/Jumps: --1600m jog turns, stride straights --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 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 ALL: PRESEASON Performance Cooldown	26 ALL: PRESEASON Fitness Warmup Sprints/Jumps: --800m jog turns, stride straights --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 Mid/Distance: --35-50 min recovery run ALL: PRESEASON Strength A (or B if you didn't do it last week) ALL: Fitness Cooldown	27 ALL: PRESEASON Fitness Warmup Sprints/Jumps: --1200m jog turns, stride straights --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 Mid/Distance: --45-65 min steady run ALL: Fitness Cooldown	28 ALL: PRESEASON Performance Warmup Sprints/Jumps: --1600m jog turns, stride straights --1x350m all out, 10 min walk after --4x200 all out, 5 min walk after --Easy 5 min 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 ALL: PRESEASON Performance Cooldown	MARCH 1 ALL: PRESEASON Fitness Warmup Sprints/Jumps: --Easy 20 min. --Ladder Drills Mid/Distance: --30-45 min recovery run ALL: PRESEASON Strength B (or A if you did B on Tuesday) ALL: Fitness Cooldown	
Preseason 2	23 INDOOR: State Qualifiers Come cheer on your teammates at Barton Hall! Sprints/Jumps: --Easy 10 min. --4x150@800m pace (quick, but well under control), walk back. --Easy 5 min Mid/Distance: --40-60 min steady run ALL: PRESEASON Strength B ALL: Fitness Cooldown	2 INDOOR: NYSPHSAA Champs				

