

Lansing Bobcats Indoor Track & Field

Phase 3 (Weeks 11+): The workouts below continue to follow a "regular" season. You may choose to follow these workouts and continue along a spring track season trajectory – or you can go back and select some of your favorite workouts from previous weeks. Either way, continue to alternate high intensity days with lower intensity days. Feel free to email your coaches with questions. In case you need it: [MOBILITY & DYNAMICS ROUTINE here.](#)

Remember: abide by NY on PAUSE directives and local ordinances. The Lansing track is closed.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Varsity Week 11	MAY 18 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --Capacity Prep --2x(3x200@85%, 3 min walk bet reps), 9 min (800m) walk bet sets --Capacity CD 800+ -- 20 min steady -- 3x400@1600 pace, rolling 200 after -- 3x200@800 pace, rolling 200 after -- Ladder Drills --MD Fitness Cooldown	19 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --3 point starts (3-10 starts to 25m and walk back) -- TEMPO cooldown --Barefoot Drills --Stretch 800+ -- 35 min recovery -- 4x100m strides on turf, walk back --MD Fitness Cooldown	20 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --2x 800 ins/outs (you can do these on a loop in neighborhood, alternating 100m stride/jog. Walk after 800 meters, then repeat. -- Speed Fitness Cooldown 800+ -- 35-45 min steady -- GSM -- Ladder Drills	21 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --6-8x100@75% with 50m walk back --Ladder Drills -- Speed Fitness Cooldown 800+ -- GSM --LSD 45-60 min -- Ladder Drills --General Strength Circuit	22 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --3 point starts (3-10 starts to 25m and walk back) -- TEMPO cooldown --Barefoot Drills --Stretch 800+ -- 35 min recovery -- 4x75m hill accelerations with jog back between --MD Fitness Cooldown --General Strength Circuit	23 ALL: Warmup (5 min run, mobility, dynamics) Sprints/Jumps/Hurdles: At home plyos/strength/circuit workout **Great day for an April Wright workout at 9am!** 800+ --GSM --LSD or cross-train 35-60 min ALL: Guided meditation (use headspace, calm, or youtube) Stretch

2020 Warmup/Cooldown/Strength/GSM Routines (Phase 2&3: Weeks 6-15)

SPRINTERS:	MID/DISTANCE:	GSM (General Strength & Mobility) Remember to keep spine long and bellybutton to spine.
<p>Speed Prep Plyo: 2x20-40s each: Week 6-15 Challenge: complete these as SINGLE LEG hops/jumps Dbl leg jumprope hop Dbl leg lateral over line hop Dbl leg tuck jump</p> <p>Activation: 2x20m each: A skip +40m stride B skip +40m stride High knees + 40m stride Heel lift/butt kick + 40m stride</p> <p>4x20m drive out+40m accel to 90% max velocity</p> <hr/> <p>Speed Cooldown 600m barefoot run on grass</p> <p>60s each: Flutterkick Scissorkick Chest lift Suitcases Pushups with lateral walk Bird dog Russian Twist Superman</p> <p>*STRETCH*</p> <p>Capacity Prep Go thru these motions even without hurdles. Lift knee towards chest rather than swinging out. Keep chest lifted and hips forward. "Prisoner" just means with hands behind head. 2x forward hurdle prisoner walkover Wks 6-15 CHALLENGE: Hold hands up as if holding PVC pipe 2x lateral hurdle prisoner walkover 2x backward hurdle prisoner walkover</p> <hr/> <p>4x20m ladder acceleration to 90%max</p> <p>Capacity Cooldown 600m barefoot run on grass</p> <p>2x20 mountain climbers 2-4 x 45s plank matrix</p> <p>*STRETCH*</p> <p>Speed Fitness Cooldown Barefoot Drills: -20m walk toes up and out (duck) -20m walk toes up and in (pigeon) -20m walk heels up and out -20m walk heels up and in</p> <p>60s each: Straight leg full lift Dead bug Chest crawl Sit ups Penguin Side crunches Elbow-to-knee bicycle</p> <p>*STRETCH, Use ropes as available*</p>	<p>Performance Cooldown 15-20x tricep dips 10x double leg jump ups 15-20x bodyweight rows 10x forward step up/knee drive 20x quick step toe taps on stair</p> <p>20x mountain climbers 10-20x burpees</p> <hr/> <p>*STRETCH*</p> <p>Fitness Cooldown Barefoot Drills</p> <p>20m inchworms 2x10 scales 20m backward prisoner lunge walk</p> <p>60s each: Hip/trunk rotations Flutterkick Scissor kick Chest eagles Back eagles</p> <p>GSM</p> <p>*STRETCH*</p> <p>MD General Strength Circuit Use gallons of water in place of dumbbell if necessary. 2-3x8 @ max weight A1. Pull ups A2. Dips A3. Single leg squats</p> <p>B1. 60s running arms B2. Renegade rows B3. Squat to military press</p> <p>C1. Miniband standing hip matrix (F/S/B)</p> <hr/> <p>MD Leg Strength Circuit 8x suitcase squat (dumbbells) 8x good mornings (med ball or gallon of water) – or deadlift if you have equipment 8x dbl leg box jump</p>	<p>GSM (General Strength & Mobility) Remember to keep spine long and bellybutton to spine. 10x cat/cow 10x leg raises (toes N/U/D) 10x clam shell & reverse 10x dead bug 5x donkey kick 5x hydrant 10x single leg squat 10x bridge 10x pistons 10x 4ct flutterkick</p> <p>Hurdle Series Go thru these motions even without hurdles. Lift knee towards chest rather than swinging out. Keep chest lifted and hips forward. Forward walkovers Over/Unders (all low) Over two, back one Around the world Pause overs Lateral bent knee skip Lateral straight leg skip Skip down middle (work up to this) Variation: hands up, hands behind head</p> <p>Ladder Drills Use chalk or tape or even tile marks in place of ladder. LIFT knees/dorsiflexed feet. 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</p> <p>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</p>

Cycling Modifications:

- I recommend you extend your warmups/cooldowns on the bike by about 50%. So if there's a 10 min running cooldown recommended, bike for 15 min.
- If you have a stationary bike with adjustable resistance, use this to your advantage. You can increase resistance to create race efforts and use the approximate time you'd be running the interval as the time of increased resistance on the bike.
- If you are riding a bike outdoors: SAFETY FIRST. Helmet, no headphones, ride with a phone and ID, tell someone your route. Where safe, you can use hills to mimic intervals.
- In all cases, watch your form. Tip forward from your hips and have a long spine; avoid "hunching" your back and use your hamstrings as well as your quads (A cue: picture moving your pedals through a full circle, pulling up as much as you are pushing down through your pedal strokes. Another cue: picture your feet "sliding" forward and back through the pedal stroke rather than just jamming down.)
- These are some good alternate workouts you could use in place of those listed in our weekly schedule: <https://www.runnersworld.com/uk/training/cross-training/a28632326/cycling-workouts-for-runners/>

NOTE FOR XC Runners: Starting on June 1, we will make the shift to xc preseason training; this setback for track may well be one of our best setups for summer training and an incredible fall xc season. Until then, keep up with your school work, enjoy the sunshine and cultivate some long run daydreaming about tackling the trails... A heads up: week one of veteran preseason training has a minimum of 18 miles for the week. If you're nowhere near that mileage (and that can be running alone or a running/cross training combo), I recommend you use the next two weeks to get some easy and more regular running done to build up towards xc preseason training.

For all athletes:

I *think* you have all the info you need to complete these workouts using the modifications we've sent in the past. Remember, the track is closed, so use natural markers in your neighborhood or in open, not-so-busy places to complete your run/cycle workout. You are welcome to email/text/call if you have questions! (Coach Becca: 781-248-7938)