

# 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.

**XC Summer Training** starts this week. If you are running XC in fall OR if you want to use the XC training to prep for your fall sport, use the schedule found [here.](#)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Varsity Week 13	<p>JUNE 1</p> <p><b>ALL:</b> Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints:</b></p> <p>--7x100@75%, 50m walk back --Speed Fitness CD</p> <p><b>800+</b></p> <p>--35 min steady --5x500 @ 10K with 100 walk back -- <b>Ladder Drills</b></p>	<p>2</p> <p><b>ALL:</b> Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints:</b></p> <p>--3 point starts (3-10 starts to 25m and walk back) -- <b>TEMPO cooldown</b> --Barefoot Drills --Stretch</p> <p><b>800+</b></p> <p>--35 min recovery --3x100m strides on turf, walk back --<b>MD Fitness Cooldown</b></p>	<p>3</p> <p><b>ALL:</b> Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints:</b></p> <p>--Capacity Prep --2x(3x200@85%, 3 min walk bet reps), 9 min (800m) walk bet sets --Capacity CD</p> <p><b>800-1600</b></p> <p>--Easy 20 min --2x600m @ 1600 pace, rolling 600 after --3x200@ 800 pace, rolling 100 --Easy 15 min -- <b>Performance Cooldown</b></p> <p><b>3000/3200</b></p> <p>--Easy 20 min -- Tempo 15 min @ 20K pace -- Easy 5 min -- 6x 1 min @ 1600 pace, 1 min easy --Easy 15 min -- <b>Performance Cooldown</b></p>	<p>4</p> <p><b>ALL:</b> Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints:</b></p> <p>--2x 800 ins/outs (you can do these on a loop in neighborhood, alternating 100m stride/jog. Walk after 800 meters, then repeat. -- <b>Speed Fitness Cooldown</b></p> <p><b>800+</b></p> <p>--35-45 min steady -- GSM -- <b>Ladder Drills</b></p>	<p>5</p> <p><b>ALL:</b> Warmup (5 min run, mobility, dynamics)</p> <p><b>ALL:</b> crosstrain in pool/on bike</p>	<p>6</p> <p><b>ALL:</b> Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints/Jumps/Hurdles:</b></p> <p>At home plyos/strength/circuit workout **Great day for an April Wright workout at 9am!**</p> <p><b>800+</b></p> <p>--GSM --LSD or cross-train 35-60 min</p> <p><b>ALL:</b></p> <p>Guided meditation (use headspace, calm, or youtube) Stretch</p>

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

### SPRINTERS:

**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

Activation: 2x20m each:  
A skip+40m stride  
B skip +40m stride  
High knees + 40m stride  
Heel lift/butt kick + 40m stride

4x20m drive out+40m accel to 90% max velocity

**Speed Cooldown**  
600m barefoot run on grass

60s each:  
Flutterkick  
Scissorskick  
Chest lift  
Suitcases  
Pushups with lateral walk  
Bird dog  
Russian Twist  
Superman

\*STRETCH\*

**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

4x20m ladder acceleration to 90%max

**Capacity Cooldown**  
600m barefoot run on grass

2x20 mountain climbers  
2-4 x 45s plank matrix

\*STRETCH\*

**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

60s each:  
Straight leg full lift      Dead bug  
Chest crawl                  Sit ups  
Penguin                        Side crunches  
Elbow-to-knee bicycle

\*STRETCH, Use ropes as available\*

### MID/DISTANCE:

**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

20x mountain climbers  
10-20x burpees

\*STRETCH\*

**Fitness Cooldown**  
Barefoot Drills  
20m inchworms  
2x10 scales  
20m backward prisoner lunge walk

60s each:  
Hip/trunk rotations  
Flutterkick  
Scissor kick  
Chest eagles  
Back eagles

GSM

\*STRETCH\*

**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

B1. 60s running arms  
B2. Renegade rows  
B3. Squat to military press

C1. Miniband standing hip matrix (F/S/B)

**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

### 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

**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*

**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

### 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

### **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.

**ALL are welcome to participate in XC Summer Training:** Summer XC training is great cardio and strength for all athletes. It is posted on our program website and linked on the training schedule above. Please feel free to follow along or be in touch if you have questions.

### **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)