

# Lansing Bobcats Indoor Track & Field

Phase 1 (Weeks 1-5): Even if we aren't practicing together at the track, think of your teammates and competitors and what they also are doing, and regardless of where the season takes us: strive for excellence. Be brave and see if you can put a little more into your workout. **If you don't remember the mobility and dynamics routine, find it [here](#).** Eat well and sleep well and stay in touch with your teammates. We'll get through this together! ♥♥♥ **NEW THIS WEEK: See more details for workouts on following pages. ALSO: you have lots of alternate workout options in your weekly email!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Varsity Week 3	23 ALL: Warmup (5 min run, mobility, dynamics)  Sprints: --Speed Prep --2x(3x20m fly-30m 95% max-30m decal), 3 min walk back bet. --2x150@95% max with 6-10 min (280m) walk after --Speed Cooldown  800+ --Easy 15 min --1xprogression run (easy to 10K pace), then 2 min easy --3-5x400 at 1600 pace --Easy 10 min --Performance Cooldown  ALL: Hurdle Series Stretch	24 ALL: Warmup (5 min run, mobility, dynamics)  Sprints: --3x(300@75%, walk to 100 start, 100@75%, walk to 300 start)  800+ --35 min recovery run --4x100 strides on grass, walk between --MD Fitness Cooldown --General Strength Circuit (AT HOME OR BODYWEIGHT OR get creative: bicep curls with gallons of water, etc)  ALL: Hurdle Series Stretch	25 ALL: Warmup (5 min run, mobility, dynamics)  Sprints: --Capacity Prep --3x (4x50m at 90% with 90s walkback between reps), 3-6 min between sets --Capacity CD  800+ --Easy 20 min --20 min hill circuit (100@ max effort up with easy run between) --Easy 10 min --Performance Cooldown  ALL: Hurdle Series Stretch	26 <b>**Emmy/Siobhan Bday**</b> ALL: Warmup (5 min run, mobility, dynamics)  Sprints: --8-12x100 @75% max, 50m walk back recovery --Speed Fitness Cooldown  800+ --GSM --LSD 45-65 min --Ladder Drills --Leg Strength Circuit	27 ALL: Warmup (5 min run, mobility, dynamics)  Sprints: --Speed Prep --1x200@95% max, 10 min walking recovery --1x150@95% max, 8 min walking recovery 1x100@95%max, 6 min walking recovery --Speed Cooldown  800+ --40 min recovery run --3x100 strides on grass, walk between --MD Fitness Cooldown --General Strength Circuit	28 ALL: Warmup (5 min run, mobility, dynamics)  Sprints/Jumps/Hurdles: At home plyos/strength **Great day for an April Wright workout at 9am!**  800+ --GSM --LSD or cross-train 35-60 min  ALL: Hurdle Series Stretch

## 2020 Warmup/Cooldown/Strength/GSM Routines (Phase 1: Weeks 1-5)

SPRINTERS:	MID/DISTANCE:	GSM (General Strength & Mobility) Remember to keep spine long and bellybutton to spine.
<p><b>Speed Prep</b> Plyo: 2x20-40s each: 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> <p><b>Speed Cooldown</b> 600m barefoot run on grass</p> <p>60s each: Leg lift Chest lift Sit ups Pushups Bird dogs Elbow to knee diagonal crunch Superman</p> <p>*STRETCH*</p> <p><b>Capacity Prep</b> 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 2x lateral hurdle prisoner walkover 2x backward hurdle prisoner walkover</p> <p>4x20m ladder acceleration to 90%max</p> <p><b>Capacity Cooldown</b> 600m barefoot run on grass</p> <p>2x20 mountain climbers 2x 30s plank matrix</p> <p>*STRETCH*</p> <p><b>Speed Fitness Cooldown</b> 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: Scoops Chest crawl Low reach crunch Pistons Side crunches Opposite arm/leg Candlestick</p> <p>*STRETCH. Use ropes as available*</p>	<p><b>Performance Cooldown</b> 10x tricep dips 10x double leg jump ups 10x bodyweight rows 10x forward step up/knee drive</p> <p>20x mountain climbers 10x lateral walk pushups 2x 10m lateral squat walk</p> <p>*STRETCH*</p> <p><b>Fitness Cooldown</b> 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><b>MD General Strength Circuit</b> Use gallons of water in place of dumbbell if necessary. 2-3x8 @ max weight A1. Arm curls (dumbbells) A2. Tricep press (dumbbells) A3. Hip sag glute squeeze (dumbbell &amp; stair)</p> <p>B1. Pullups B2. Military press (dumbbells) B3. Single leg squat tap (to chair)</p> <p>C1. Dumbbell bench press C2. Bent row (dumbbells) C3. Miniband standing hip matrix (F/S/B)</p> <p><b>MD Leg Strength Circuit</b> 8x suitcase squat (dumbbells) 8x good mornings (med ball or gallon of water) 8x dbl leg box jump</p>	<p><b>GSM (General Strength &amp; Mobility)</b> Remember to keep spine long and bellybutton to spine.</p> <p>10x cat/cow                      10x leg raises (toes N/U/D) 10x clam shell &amp; reverse      10x dead bug 5x donkey kick                  5x hydrant 10x single leg squat            10x bridge 10x pistons                        10x 4ct flutterkick</p> <p><b>Hurdle Series</b> 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><b>Ladder Drills</b> 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><b>Barefoot drills:</b> -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>

## Sunday Workout, 3/22/2020

I know, we don't normally workout on Sunday - but it's sunny and beautiful and it may not be that way tomorrow, so consider swapping Monday or Tuesday of the week's training for today (Sunday).

## Monday Workout, 3/23/2020

\*\*If it's raining/snowing, today would be a GREAT day to join an April Wright workout (9am or 3:30pm, see the weekly email for the zoom link) OR to pick another circuit workout. Otherwise:

### ALL ATHLETES:

5 min jog then mobility and dynamics. If you forgot the routine, you can remind yourself [here](#).

### THEN:

### SPRINTERS:

- Speed Prep
- 2 sets of 3x50m (just guesstimate, could be 1-2 mailbox/driveways) at 95% effort (nearly as fast as you can). Walk 3 min back between
- 2x150m (maybe 3-6 mailbox/driveways depending on distance between them in your neighborhood) at 95% effort (Walk 6-10 min between)
- Speed Cooldown

### MID/DISTANCE:

- Easy 15 min
- 10 min progression. Start easy and then every 2 min, picture "shifting gears" and get just a LITTLE quicker, ending at about 10K effort (you should feel like you could say a few words to someone but wouldn't really want to talk)
- Then 3-5x400m at 1600 pace (ESTIMATE this. 400m = 0.25 miles, so you can map it out OR just guess. You can just put forth a hard 1500/1600 effort OR if you want a pace, [this is the pacing chart](#) I use; email me if you are confused about how to read it. It's NOT about perfection or exact times/distances; it's just a time to focus on progress and effort.)
- Performance Cooldown

ALL ATHLETES: move through the motions of the hurdle series, stretch well.

## Tuesday Workout, 3/24/2020

The workout listed is pretty straightforward.

**Sprinters:** 75% effort means that you **could** keep going at the end of the repetition if you needed to - but you wouldn't **want** to.

**Mid/Distance:** a recovery run will start a little slow but as your body warms up, you'll ease into a pace that might be quicker than an easy run and allows your legs to shake out any residual soreness.

## Wednesday Workout, 3/25/2020

**Sprinters:** You can use the same 50m estimated distance you used on Monday.

**Mid/Distance:** **IF** you have a large hill near your house (ie Hillcrest, Waterwagon), your hill circuit would look like this:

- Run hard up the entire hill, 4 min easy flat run at the top
- Run briskly but under control down the hill, 2 min easy flat run at the bottom
- Repeat until you reach 20 min.

PRIORITIZE SAFETY. Both hills I just named don't have large shoulders, so NO HEADPHONES if you're running them and stay aware of your surroundings.

**IF** you don't have a large hill near you:

- Run hard for 4-6 min, easy 4 min and Repeat.

## Thurs-Sat Workouts

I *think* the rest of the workouts can be done with the info you have from above. Just email/text/call if you have questions! (Coach Becca: 781-248-7938)