

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 4	<p>30 **7pm: Zoom Senior Night Part One** ALL: Warmup (5 min run, mobility, dynamics)</p> <p>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</p> <p>800+ --Easy 15 min --1xprogreion run (easy to 10K pace), then 2 min easy --4-6x400 at 1600 pace, 90s moving rest between --Easy 10 min -- Performance Cooldown</p> <p>ALL: Hurdle Series Stretch</p>	<p>31 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --6x150 @75% max, 50m walk back recovery -- Speed Fitness Cooldown</p> <p>800+ --35 min recovery run --3x200@3200 pace, rolling 200 between -- MD Fitness Cooldown --General Strength Circuit (AT HOME OR BODYWEIGHT OR get creative: bicep curls with gallons of water, etc)</p>	<p>APRIL 1 ALL: Warmup (5 min run, mobility, dynamics)</p> <p><i>If you've been working out 6 days a week per this training schedule, today is a good day for an EASY RECOVERY DAY. Ideally, it's a 20 min easy run or a 30-40 min cross training session with a long stretch and/or yoga.</i></p>	<p>2 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --Capacity Prep --3x (3x200@85% with 3 min walk back between), 9 min (800m) bet sets --Capacity CD</p> <p>800+ --Easy 20 --15 min tempo@ 20K Easy 3 min --4x200@800pace with rolling 200 between --Hurdle Series -- Performance Cooldown</p>	<p>3 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --8-10x100 @75%max with 50m walk back recovery -- Speed Fitness Cooldown Field work and/or lift</p> <p>800+ --Recovery run, 35 min --3x150@ 800 effort, rolling 250 recovery between -- MD Fitness Cooldown --General Strength Circuit</p>	<p>4 **Teresa BDay** ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints/Jumps/Hurdles: At home plyos/strength **Great day for an April Wright workout at 9am!**</p> <p>800+ --GSM --LSD or cross-train 35-60 min</p> <p>ALL: Guided meditation (use headspace, calm, or youtube) Stretch</p>

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>Speed Prep 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>Speed Cooldown 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>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 2x lateral hurdle prisoner walkover 2x backward hurdle prisoner walkover</p> <p>4x20m ladder acceleration to 90%max</p> <p>Capacity Cooldown 600m barefoot run on grass</p> <p>2x20 mountain climbers 2x 30s 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: Scoops Chest crawl Low reach crunch Pistons Side crunches Opposite arm/leg Candlestick</p> <p>*STRETCH, Use ropes as available*</p>	<p>Performance Cooldown 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>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. Arm curls (dumbbells) A2. Tricep press (dumbbells) A3. Hip sag glute squeeze (dumbbell & 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>MD Leg Strength Circuit 8x suitcase squat (dumbbells) 8x good mornings (med ball or gallon of water) 8x dbl leg box jump</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>

Monday Workout, 3/30/2020

****7pm Zoom Senior Night!!! ****

****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 4-6x400m 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, 3/31/2020

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. Your 200s at 3200 pace should feel really good, like you're opening up your legs and letting them roll quickly beneath you.

Wednesday Workout, 4/1/2020

- RECOVERY DAY. This doesn't mean NO movement but rather intentional, recovery-oriented movement.

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)