

# 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><b>Sprints:</b> --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 --<b>Speed Cooldown</b></p> <p>800+ --Easy 15 min --1xprogression run (easy to 10K pace), then 2 min easy --4x6x400 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><b>Sprints:</b> --6x150 @75% max, 50m walk back recovery -- <b>Speed Fitness Cooldown</b></p> <p>800+ --35 min recovery run --3x200@3200 pace, rolling 200 between -- <b>MD Fitness Cooldown</b> --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>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.</p>	<p>2 ALL: Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints:</b> --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 -- <b>Hurdle Series</b> -- General Strength Circuit</p>	<p>3 ALL: Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints:</b> --8-10x100 @75%max with 50m walk back recovery -- <b>Speed Fitness Cooldown</b></p> <p>Field work and/or lift</p> <p>800+ --Recovery run, 35 min --3x150@ 800 effort, rolling 250 recovery between -- <b>MD Fitness Cooldown</b> --General Strength Circuit</p>	<p>4 **Teresa BDay** ALL: Warmup (5 min run, mobility, dynamics)</p> <p><b>Sprints/Jumps/Hurdles:</b> 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:

#### Speed Prep

Plyo: 2x20-40s each:  
Dbl leg jump/jump 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:  
Leg lift  
Chest lift  
Sit ups  
Pushups  
Bird dogs  
Elbow to knee diagonal crunch  
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  
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  
2x 30s 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:  
Scoops  
Chest crawl  
Low reach crunch  
Pistons  
Side crunches  
Opposite arm/leg  
Candlestick

\*STRETCH, Use ropes as available\*

### MID/DISTANCE:

#### Performance Cooldown

10x tricep dips  
10x double leg jump ups  
10x bodyweight rows  
10x forward step up/knee drive

20x mountain climbers  
10x lateral walk pushups  
2x 10m lateral squat walk

#### \*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.

- 2-3x @ max weight
- A1. Arm curls (dumbbells)
- A2. Tricep press (dumbbells)
- A3. Hip sag glute squeeze (dumbbell & stair)
- B1. Pullups
- B2. Military press (dumbbells)
- B3. Single leg squat tap (to chair)
- C1. Dumbbell bench press
- C2. Bent row (dumbbells)
- C3. Miniband standing hip matrix (F/S/B)

#### MD Leg Strength Circuit

- 8x suitcase squat (dumbbells)
- 8x good mornings (med ball or gallon of water)
- 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

## 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)