

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! ♥♥♥ **THANK YOU for abiding by social distancing directives. Running and biking on your own or with members of your household are allowed; meeting up with people from other households for a run or workout is NOT compliant with social distancing directives. The Lansing track is closed until further notice. We know this is hard. We have included more information & modification options for workouts on following pages.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Varsity Week 5	<p>APRIL 6 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --Speed Prep --2x(3x50m at 97%), 90s walk back bet, 6 min walk bet sets --1x200@97% max, 10 min walk --1x150@97% max with 10 min brisk walk after --Speed Cooldown</p> <p>800+ --Easy 15 min --2-3x (800@3200 pace, 400@1600 pace, 200 at 800 pace), rolling 200 between all reps/sets --Easy 10-20 min --Performance Cooldown</p> <p>ALL: Hurdle Series Stretch</p>	<p>7 **Madison BDay**</p> <p>ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --3x(300@75% max, walk 100, 100@75%, walk 100) --Speed Fitness Cooldown</p> <p>800+ --GSM --LSD 45-65 min --Ladder Drills --Leg Strength Circuit</p>	<p>8 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>10-20 min easy run</p> <p>Plank matrix and stretch</p> <p>3:30pm: Team movie via Zoom Vote for your movie choice!</p>	<p>9 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --Capacity Prep --3x (4x50m@90%, 90s walk back bet reps), 6 min walk bet sets --Capacity CD LJ/TJ Strength Work</p> <p>800+ --Easy 15 min --2x 4 min @10K pace, 1 min easy, 3 min @ 5K pace, 3 min easy --3x400@1600 pace, rolling 400 --Easy 10 min --Performance Cooldown</p> <p>ALL: Hurdle Series Stretch</p>	<p>10 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --8-10x100 @75% max, 50m walk back recovery --Speed Fitness Cooldown</p> <p>800+ --Recovery run, 35 min --3x150@ 800 effort, rolling 250 recovery between --MD Fitness Cooldown --General Strength Circuit</p>	<p>11 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints/Jumps/Hurdles: At home plyos/strength/circuit workout **LSD 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) <i>Remember to keep spine long and bellybutton to spine.</i>
<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 <i>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.</i> 2x forward hurdle prisoner walkover 2x lateral hurdle prisoner walkover 2x backward hurdle prisoner walkover 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 <i>Use gallons of water in place of dumbbell if necessary.</i> 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>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 <i>Go thru these motions even without hurdles. Lift knee towards chest rather than swinging out. Keep chest lifted and hips forward.</i> 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 (<i>work up to this</i>) <i>Variation: hands up, hands behind head</i></p> <p>Ladder Drills <i>Use chalk or tape or even tile marks in place of ladder. LIFT knees/dorsiflexed feet.</i> 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, 4/6/2020

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 briskly back between. Only **90 sec** between 50m reps. Take 6 min walking between the 2 sets and before next rep.
- 200m at max effort (maybe 3-6 mailbox/driveways/telephone poles depending on distance between them in your neighborhood). Walk briskly 6-10 min after for full recovery.
- 150m at max effort (2-5 mailbox/driveways/telephone poles). Walk briskly for 10 min.
- Speed Cooldown

MID/DISTANCE:

- You can do your workout by distance or time:
 - BY DISTANCE:
 - 2-3 sets of (800m @3200 pace, 400m @1600pace, 200m @800pace), rolling 200m between all reps/sets.
 - You can map out distances in your neighborhood OR you can guesstimate distances between mailboxes/driveways/telephone poles. Pick a proportionate distance and stick with it. You can put forth a hard 3200/1600/800 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 about putting forth consistent, intentional effort.
 - OR BY TIME:
 - 2-3 sets of (3 min fast, 90s faster, 45s very fast), rolling 90s between all reps/sets
- Performance Cooldown

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

Tuesday Workout, 3/31/2020

Sprinters:

- 3 sets of (300 @75% effort, walk 100, 100 @75% effort, walk 100)
- 75% effort means that you **could** keep going at the end of the repetition if you needed to - but you wouldn't **want** to. Again, use driveways/mailboxes/telephone poles to estimate 300m (for example, if the distance between 2 mailboxes in my neighborhood is about 50m, I'll run to the 6th mailbox away from my house @ 75% effort, then walk two mailboxes, and so on.)

Mid/Distance:

- GSM to start (yes, even after you've finished your dynamics) to further get your body warmed up and ready to put in some solid minutes of running.
- Long Slow Distance is NOT a recovery run; you're looking for a pace that you could run at while having a conversation while maintaining good form and quick cadence, between 160-180 beats/steps per minute (you can use music to help if you're on a treadmill or if you're running with your phone speaker turned up a bit - no headphones, please. You must be aware of your surroundings when out on a run!)

ALL:

- Everyone can do ladder drills: mark out a ladder with sidewalk chalk, sticks, or even use the tiles on your home floor. ([Video here](#) if you need a reminder of how to do them (video includes more drills than we do).)
- Stretch well

Wednesday Workout, 4/1/2020

Warmup, light shakeout run, core & stretch. Then team movie at 4pm! [Vote here](#) for your movie preference.

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)