

Lansing Bobcats Indoor Track & Field

Phase 1 (Weeks 6-10): Show up for yourself – and for your team, even while we are apart. Lay out your workout clothes the night before. Put them right where your feet hit the floor when you get out of bed. You deserve self-care and the opportunity for feeling pride in investing in your health, your fitness, and your potential. If you don't remember the mobility and dynamics routine, find it [here](#). **THANK YOU for abiding by social distancing directives.** Running and social distancing are allowed; meeting up with people from other households is NOT compliant with social distancing directives. The Lansing track is closed until further notice. We have included more information & modification options for workouts on following pages.

Team Spirit Week!!! (Full details in your email and on the website) #LansingTBobcats

Measure Up Monday ♥♥♥ Time It Tuesday ♥♥♥ Wednesday Weights ♥♥♥ Breathe Thru Thursday ♥♥♥ Friday Form ♥♥♥ Shoutout Saturday

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------|---|--|---|--|---|--|
| Varsity Week 6 | <p>APRIL 13 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>14 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --2x(3x150 @75%, 50 m walk back bet reps), 250 walk bet sets -- Speed Fitness Cooldown</p> <p>800+ --GSM --LSD 45-65 min</p> <p>ALL: -- Ladder Drills --Leg Strength Circuit</p> | <p>15 **Oscar's BDay** ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --Speed Prep --3x(4x50m @95%-50m@60%-50m walk-50m jog). Continuous around 50/50/50/50 at varied paces = 1 set. 3 min walk bet sets. --Speed Cooldown</p> <p>800+ -- Easy 15 min -- Tempo 10 min @ 20K pace -- Easy 3 min -- 4x200 @ 800 pace -- Easy 15 min --MD Fitness Cooldown --General Strength Circuit</p> <p>8pm: Team movie via Zoom: Am Bolt, Usain Bolt documentary</p> | <p>16 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>--Capacity Prep --3x (3x200@85% max, 3 min walk bet reps), 9 min (800m) walk bet sets --Capacity CD LJ/TJ Strength Work</p> <p>800+ --Recovery 30-45 min -- Performance Cooldown</p> <p>ALL: Hurdle Series Stretch</p> | <p>17 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints: --8-10x100 @75% max. 50m walk back recovery -- Speed Fitness Cooldown</p> <p>800+ Easy 20 min Hurdle Drills Stretch -- MD Fitness Cooldown --General Strength Circuit</p> | <p>18 ALL: Warmup (5 min run, mobility, dynamics)</p> <p>Sprints/Jumps/Hurdles: At home plyos/strength/circuit workout **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 2: Weeks 6-10)

| 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: Flutterkick Scissorkick Chest lift Suitcases Pushups with lateral walk Bird dog Russian Twist 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 2-4 x 45s 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: Straight leg full lift Chest crawl Penguin Elbow-to-knee bicycle Side crunches Dead bug Sit up</p> <p>*STRETCH, Use ropes as available*</p> | <p>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</p> <p>20x mountain climbers 10-20x burpees</p> <p>*STRETCH*</p> <p>Fitness Cooldown Barefoot Drills 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. Pull ups A2. Dips A3. Single leg squats</p> <p>B1. 60s running arms B2. Renegade rows B3. Squat to military press</p> <p>C1. 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) – or deadlift if you have equipment 8x dbl leg box jump</p> | <p>10x cat/cow 10x clam shell & reverse 5x donkey kick 10x single leg squat 10x pistons</p> <p>10x leg raises (toes N/U/D) 10x dead bug 5x hydrant 10x bridge 10x 4ct flutterkick</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> |

Workout Notes: Note: there are a couple of changes to the routines above to reflect the next phase of work that we are entering.

Monday Workout, 4/13/2020

(and Measure Up Monday!)

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, 4/14/2020

(and Time It Tuesday!)

Sprinters:

- 2 sets of (3x150 @75% effort, walk 50), 250 walk between the two sets.
- 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 150m (for example, if the distance between 2 mailboxes in my neighborhood is about 50m, I'll run to the 3rd mailbox away from my house @ 75% effort, then walk one mailbox, 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, 4/15/2020

(and Wednesday Weights - and Oscar's Birthday!)

Sprinters:

- 3 sets of (4x 50m all out effort/50m medium effort/50m walk/50m jog) then walk 3 min before repeating the set.
- Think of it as a continuous 200 with the first 50m being a SPRINT as fast as you can go followed by a controlled but markedly easier RUN followed by an upright WALK followed by a JOG with good form. You should be very aware of your body and effort during this whole 200m even at varied paces. The 3 min that follow as your rest can be a relaxed walk.
- Speed cooldown to finish

Mid/Distance:

- Easy 15 min directly into 10 min at 20K pace (this would be just a little shift to faster than your *GSM* effort, a conscious shift to a quicker clip)
- Easy 3 min (still running, not shuffling, but you'd be able to talk to someone and feel like you're just letting your legs roll)
- 4x200 at 800 pace (or faster). You should be really warmed up. Pick some telephone poles or mailboxes or trees as your guide and visualize a baton in hand as your run about 200m. Jog between 200s.
- Finish with an easy 15 min

Thurs-Sat Workouts

(and Breathe Thru Thursday, Friday Form, and Shoutout Saturday!)

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)