

# Lansing Bobcats Indoor Track & Field

Phase 1 (Weeks 6-10): It's been a long haul thus far – and it is going to be longer. Now is a good time to revisit your perspective, to reflect on your motivation and your WHY as an athlete. It's bigger than just one season. While we continue to work hard now in hopes of opportunities to compete in the near future, we also want to keep looking at the bigger picture. This week's focus is all about holding both the present and the future in our minds simultaneously, striving for that balance. **MOBILITY & DYNAMICS ROUTINE here. 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 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.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Varsity Week 7	<p>APRIL 20 ALL: Warmup (5 min run, mobility, dynamics) OPTION: <a href="#">Milesplit Virtual Meet</a> (from home; do not use Lansing track) --OR-- Sprints: --Speed Prep --2x(3x50m at 95%), 90s walk back bet, 6 min walk bet sets --1x200 max, 10 min walk --1x150@ max with 10 min brisk walk after --Speed Cooldown 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 ALL: Hurdle Series, Stretch</p>	<p>21 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --3x300@75%-walk to start of 100-100@75%-walk to start of 300 --Speed Fitness Cooldown 800+ --35 min recovery --3x200 @ 3200 pace, rolling 200 after each --MD Fitness Cooldown --General Strength Circuit ALL: --Ladder Drills Stretch</p>	<p>22 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --Speed Prep --1x200@97%, 10 min walking recovery --1x150@97%, 8 min walking recovery --1x100@97% --Speed Cooldown 800-1600 --Easy 20 min --2x (100-100-200-200-300-300) @ 800m pace with 20s bet. reps, 8 min bet. sets Easy 15 min --Hurdle Series --Performance Cooldown 3000/3200 --Easy 20 min --8-10x 400m@ 3000/3200 effort with rolling 200 in equal time between --Easy 15 min --Hurdle Series --Performance Cooldown 8pm: Team Zoom Meetup</p>	<p>23 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --Capacity Prep --2x(4x50m @90%, 90s walk back bet reps), 4-5min walk bet sets --Capacity CD 800+ --GSM --LSD 45-70 min --Ladder Drills --Leg Strength Circuit</p>	<p>24 ALL: Warmup (5 min run, mobility, dynamics) Practice 3:30-5:30 Sprints: --8-10x100 @75% max, 50m walk back recovery --Speed Fitness Cooldown 800+ --GSM --35 min recovery --4x100m hill accelerations ((if you can find a safe long hill. Otherwise, do them between mailboxes) --MD Fitness Cooldown --General Strength Circuit</p>	<p>25 ALL: Warmup (5 min run, mobility, dynamics) OPTION: <a href="#">Milesplit Virtual Meet</a> (from home; do not use Lansing track) --OR-- Sprints/Jumps/Hurdles: At home plyos/strength/circuit workout **Great day for an April Wright workout at 9am!** 800+ --GSM --LSD or cross-train 35-60 min 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><b>Speed Prep</b> Plyo: 2x20-40s each: Dbl leg jumprope 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 <b>Speed Cooldown</b> 600m barefoot run on grass 60s each: Flutterkick Scissorskick Chest lift Suitcases Pushups with lateral walk Bird dog Russian Twist Superman *STRETCH* <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 4x20m ladder acceleration to 90%max <b>Capacity Cooldown</b> 600m barefoot run on grass 2x20 mountain climbers 2-4 x 45s plank matrix *STRETCH* <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 60s each: Straight leg full lift Chest crawl Penguin Elbow-to-knee bicycle *STRETCH. Use ropes as available*</p>	<p><b>Performance Cooldown</b> 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 20x mountain climbers 10-20x burpees *STRETCH* <b>Fitness Cooldown</b> 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* <b>MD General Strength Circuit</b> Use gallons of water in place of dumbbell if necessary. 2-3x8 @ max weight A1. Pull ups A2. Dips A3. Single leg squats B1. 60s running arms B2. Renegade rows B3. Squat to military press C1. Miniband standing hip matrix (F/S/B) <b>MD Leg Strength Circuit</b> 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><b>GSM (General Strength &amp; Mobility)</b> Remember to keep spine long and bellybutton to spine. 10x cat/cow 10x clam shell &amp; reverse 5x donkey kick 10x single leg squat 10x pistons 10x leg raises (toes N/U/D) 10x dead bug 5x hydrant 10x bridge 10x 4ct flutterkick <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 <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 <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>

**Workout Notes:** Some changes to the routines above reflect the next phase of work that we are entering.

### **Cycling Modifications:**

- I recommend you extend your warmups/cooldowns on the bike by about 50%. So if there's a 10 min running cooldown recommended, bike for 15 min.
- If you have a stationary bike with adjustable resistance, use this to your advantage. You can increase resistance to create race efforts and use the approximate time you'd be running the interval as the time of increased resistance on the bike.
- If you are riding a bike outdoors: SAFETY FIRST. Helmet, no headphones, ride with a phone and ID, tell someone your route. Where safe, you can use hills to mimic intervals.
- In all cases, watch your form. Tip forward from your hips and have a long spine; avoid "hunching" your back and use your hamstrings as well as your quads (A cue: picture moving your pedals through a full circle, pulling up as much as you are pushing down through your pedal strokes. Another cue: picture your feet "sliding" forward and back through the pedal stroke rather than just jamming down.)
- These are some good alternate workouts you could use in place of those listed in our weekly schedule: <https://www.runnersworld.com/uk/training/cross-training/a28632326/cycling-workouts-for-runners/>

### **Monday Workout, 4/20/2020**

#### **ALL ATHLETES:**

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

#### **THEN:**

[Milesplit Virtual Meet](#) --OR--

#### **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, 4/21/2020

#### **Sprinters:**

- 3x(300@75% effort, walk 100, 100@75% effort, walk 100) continuously
- 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/100m (for example, if the distance between 2 mailboxes in my neighborhood is about 50m, I'll run to the 6<sup>th</sup> mailbox away from my house @ 75% effort, then walk two mailboxes and so on.)
- Speed fitness cooldown

#### **Mid/Distance:**

- 35 min recovery run (this is not a shuffle. Start at whatever pace feels fluid and as your body loosens up, roll with it and let your pace increase and then hold at a comfortable GSM pace by the end)
- 3x200 @3200m effort, rolling 200 after (see sprinters notes; you can use mailboxes. This is not all out sprints but rather a quickening of your pace and letting your arms and legs open up)
- MD fitness cooldown

#### **ALL:**

- General strength circuit
- 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, 4/22/2020

#### **Sprinters:**

- Speed prep
- 200 @97% max (pretty much all out), 10 min walk
- 150 @97%, 8 min walk
- 100@97%, walk till fully recovered
- Speed cooldown to finish

#### **Mid/Distance:**

800-1600 runners (we're starting to break out by event focus more; if you aren't sure what to do, [email me](#))

- Easy 20 min

- 2 sets of (100-100-200-200-300-300) at 800 pace (use mailboxes to estimate) with **20 seconds only** between each interval and then **8 min** between the two sets.
- Finish with an easy 15 min

#### **3000/3200 runners:**

- Easy 20 min
- 8-10x 400m (use mailboxes or your watches or mapmyrun/usatf to estimate) at 3000/3200 effort with rolling 200 or equal time (as it took you to run the 400) as moving rest between.
- Finish with an easy 15 min

**All distance runners finish with hurdle series and performance cooldown**

### **Thurs-Sat Workouts**

Mid/Distance: Remember:

- On Thursday/Sat: *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!)

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)