

Lansing Bobcats Indoor Track & Field

Phase 1 (Weeks 6-10): Two different opportunities to get connected to the greater running community this week! The events might be virtual but the connections are real! In case you need it: [MOBILITY & DYNAMICS ROUTINE here.](#)

Remember: abide by NY on PAUSE directives and local ordinances. The Lansing track is closed.

[Milesplit Virtual Meet Entries](#)

[Finger Lakes Runners Club Virtual COVID-19 Fund Run registration](#)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Varsity Week 8	APRIL 27 ALL: Warmup (5 min run, mobility, dynamics) OPTION: Milesplit Virtual Meet (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	28 Matt Weil's Birthday ALL: Warmup (5 min run, mobility, dynamics) Sprints: --2x(2x150 @75%, walk 50m between), 250m walk between sets -- Speed Fitness Cooldown 800+ -- 35 min recovery -- 3x200 @ 3200 pace, rolling 200 after each -- MD Fitness Cooldown -- General Strength Circuit ALL: -- Ladder Drills Stretch	29 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --Speed Prep --1x300@400GP, 15 min walk --1x250@400GP -- Speed Cooldown 800+; --Easy 10 min then 2 min of long surges with jogs between (approx.3 surges/jogs) --2x (100-100-200-200-300-300) @ 800m with 20 sec between reps, 8 min between sets Easy 10 min -- Hurdle Series -- Performance Cooldown 8pm: Team Zoom Meetup	30 Mack & Megan's Bdays ALL: Warmup (5 min run, mobility, dynamics) Sprints: --6-8x100@75%, 50m walk back -- Speed Fitness Cooldown 800+ -- 35 min recovery -- 4x100m hill accelerations) with jog back between -- MD Fitness Cooldown -- General Strength Circuit	MAY 1 ALL: Warmup (5 min run, mobility, dynamics) Sprints: --2x300@400GP, 12 min walk between -- Speed Cooldown 800+ -- GSM --LSD 45 min -- Ladder Drills	2 ALL: Warmup (5 min run, mobility, dynamics) OPTION: Milesplit Virtual Meet (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

2020 Warmup/Cooldown/Strength/GSM Routines (Phase 2: Weeks 6-10)

SPRINTERS:

Speed Prep
 Plyo: 2x20-40s each: **Week 6-10 Challenge: complete these as SINGLE LEG hops/jumps**
 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

Speed Cooldown
 600m barefoot run on grass

 60s each:
 Flutterkick
 Scissorkick
 Chest lift
 Suitcases
 Pushups with lateral walk
 Bird dog
 Russian Twist
 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 **Wks 6-10 CHALLENGE: Hold hands up as if holding PVC pipe**
 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
 2-4 x 45s 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:
 Straight leg full lift Dead bug
 Chest crawl Sit ups
 Penguin Side crunches
 Elbow-to-knee bicycle
 STRETCH, Use ropes as available

MID/DISTANCE:

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

 20x mountain climbers
 10-20x burpees

 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.
 2-3x8 @ 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)

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

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

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/>

THIS WEEK: Your runs can count towards the FLRC COVID-19 Virtual Fund Run!

Monday Workout, 4/27/2020

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, 4/28/2020

Sprinters:

- 2 sets of (2x150m @75% effort, walk 50m between) with 250m walk between 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 300m/100m (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.)
- 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, 4/29/2020

Sprinters:

- Speed prep
- 300 @ 400 race effort. 15 min walk to full recovery.
- 250 @ 400 race effort. *Imagine you have a baton in hand during these reps. Run hard.*
- Speed cooldown to finish

800+:

- Easy 10 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 10 min
- **Hurdle series then performance cooldown**

Thurs-Sat Workouts

Mid/Distance: Remember:

- On Fri/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)