

Track Workouts

First two weeks:

Stretch as a team, then **separate into 3 main groups:** (1) Endurance athletes, (2) Mid-distance (3) sprinters, jumpers, throwers. Team leaders per group will be helpful.

Train event specific. Research shows specificity of training will negatively or positively impact performance if the workouts are not event specific.

During stretching use 30-seconds stretch hold positions for the first two weeks, but switch to dynamic stretching after two weeks. Research shows static stretching will slightly impair speed and strength for up to an hour afterwards, which is desirable the first two weeks to prevent injury.

Training principles:

Train event specific!

Focusing on quality of training improves performance, quantity training decreases performance, even for endurance athletes.

Training sequence: Heavy/light/heavy/light/off (one of the heavy days needs to have a killer ladder)

Train all three muscle fibers; slow, fast, and super fast

“Train fast to be fast.” Running, jumping or throwing at slower than performance will decrease future performance unless it is for strength training or technique. Most races are lost based not by the lack of endurance, but the lack of speed.

In track and field, athletes are on their own during meets to a degree, and it’s important to train athletes to prepare themselves for their events.

Training process: Post workouts, have group leaders check off athletes as they finish their daily workout assignments. Complete segments in groups.

Teaching point: Make athletes responsible for their own water, warm up suits, and event warm up. Simulate Race Day thinking one day a week. “Check their focus and thinking” –EX. During meets, dress warm after warm ups, take off warm up suits before event. Don’t waste energy trying to stay warm by not wearing enough clothes when the cool weather nights begin.

Teaching point: teach all runners especially sprinters to work independently on every run on improving technique in the pattern: (set 1 dorsiflexion, set two arms, set three high knees, set four don’t think but perform). With jumpers, set one run up approach, set two height, set three takeoff low gravity positioning, set four don’t think perform).

Endurance Events 800 meters and up

- A.**
1. warmup
 2. 4 x 400 (all high quality with plenty of recovery)
 3. Run actual track event (self-timed) or time one 500 meters
 4. 5 starts; (approx 40 yards of simulated event)
 5. 10 bleachers runs or 3 sets of 8-12 of single leg-leg presses (or lunges, or single leg squats) followed by 10 squat jumps
1 set of reverse calf raises to failure.
- B.**
1. Warm-up
 2. Hardest day of the week – Killer ladder: 60, 100, 200, 300, 400, 800, 1mile, 800, 400, 300, 200, 100, 60 (on 800 & 1500 accelerate on the waterfall). 800 meter athletes stop at 800, 400 meter athletes stop at 400, and work down the ladder)
 3. 3 sets to crunches to failure
- C.**
1. Warm-up (and include practicing baton handoffs in warm up)
 2. Plyometrics: high knees (2 sets of 20 yards, walk between)
butt slaps
glass wall
side-to-side
A skips (mach drills)
Single leg bounds (drum major)
 3. 1 actual race (EX. 800, or 1500) time, get experienced athletes to help time each other.
 4. 4 x 150
- D.**
1. Event rehearsal day. Warm-up on their own just like race day.
“Check their focus and thinking”
 2. Run the event (plus 100 meters).
- E.** warm-up - practice handoffs (or off)

Mid-distance Events (400 meters and 300 hurdles)

- A.**
1. Warm-up
 2. 4 X 200 (all high quality with plenty of recovery)
 3. Run actual track event - timed or time one 500
 4. 5 starts; (approx 40 yards of simulated event)
400 runner do block starts on the turn
 5. 10 bleachers runs or 3 sets of 8-12 of single leg- leg presses (or lunges, or single leg squats) followed by 10 squat jumps, upper body work.
1 set of reverse calf raises to failure.
- B.**
1. Warm-up
 2. Hardest day of the week – Killer ladder: 60, 100, 200, 300, 400, 500, 400, 300, 200, 100, 60 (substitute ladder: 60/150/300 X 4 sets)
 3. 3 sets to crunches to failure
- C.**
1. Warm-up (and include practicing baton handoffs in warm up)
 2. Plyometrics: high knees (2 sets of 20 yards, walk between)
butt slaps
glass wall
side-to-side
A skips (mach drills)
Single leg bounds (drum major) build to ten sets of this drill
 3. 1 actual race (EX. 400) time, get experienced athletes to help time each other.
 4. 4 X 150
- D.**
1. Event rehearsal day. Warm-up on their own. "Check their thinking."
 2. Run the event (plus 100 meters) including starting blocks and hurdles.
- E.** warm-up - practice handoffs (or off)

Sprinters 100 & 200 meters Hurdlers & Jumpers

- A.**
1. Warm-up
 2. 4 X 60 (all high quality with plenty of recovery)
 3. 4 starts on the straight, 4 starts on the turn; (approx 30 yards of the simulated event of the start thru drive phase) *(during starts jumpers jump 10 high quality jumps)
 4. Run one actual event(s)
 5. 10 bleachers runs or 3 sets of 8-12 of single leg-leg presses (or lunges, or single leg squats) followed by 10 squat jumps
1 set of reverse calf raises to failure.
- B.**
1. Warm-up
 2. 5 block starts
 3. Hardest day of the week – Killer ladder: 2 X 60, 2 X 100, 2x 200, 2x 100, 2 x60 *(jumpers leave before the 2X 200 to jump 10 high quality jumps)
 4. 3 sets to crunches to failure
- C.**
1. Warm-up (and include practicing baton handoffs in warm up)
 2. Plyometrics: high knees (2 sets of 10-20 yards, walk between)
butt slaps
glass wall (build to ten sets of this drill)
Side-to-sides
A skips (mach drills) (build to ten sets)
Single leg bounds (drum major)
 3. 1 actual race (EX. 100, 110 hurdles) group leader timing, get experienced athletes to help time each other from block starts.
 4. 4 X 150
- D.**
1. Event rehearsal day. Warm-up on their own. "Check their thinking."
 2. 4 block starts on the straight, 4 in the turn.
 3. Run the event(s) (plus 20 meters) *or jump
 4. 5 Bleachers (on rep 2 and 4 do the Drive Phase Lunges)
 5. 3 X 8 single leg jumps to bleacher seats
- E.** warm-up - practice handoffs (or off)

Throwers

- A.**
1. Warm-up
 2. 2 throws at 50%, 2/75%, 2/90%
 3. 10 Dry technique throws
 4. 10 throws
 5. 10 bleachers runs or 3 sets of 8-12 of single leg-leg presses (or lunges, or single leg squats) followed by 10 squat jumps
1 set of reverse calf raises to failure.
- B.**
1. Warm-up
 2. 5 block starts
 3. Strength training – Explosive Incline Press, Shoulder Press, Single Leg Lunges with weight (more if time allows)
 4. warm up throws, 10 throws
 4. 3 sets to crunches to failure
- C.**
1. Warm-up (and include practicing baton handoffs in warm up)
 2. Plyometrics: high knees (2 sets of 10-20 yards, walk between)
butt slaps
glass wall (build to ten sets of this drill)
Side-to-sides
A skips (mach drills) (build to ten sets)
Single leg bounds (drum major)
 3. Warm up and 20 throws.
 4. Strength training – Explosive Incline Press, Shoulder Press, Single Leg Lunges with weight (more if time allows)
- D.**
1. Event rehearsal day. Warm-up on their own. “Check their thinking.”
 2. Warm up
 3. Simulate meet, Best of 3, and best of 6 throws.
- E.** Warm-up - Strength training