

2009-2010 COUGAR TRACK & FIELD WINTER CONDITIONING SPEED SCHEDULE

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
6	<p>DECEMBER 7</p> <p>Warm-up – Fitness circuit Workout -10x100m at 65% every 60 seconds Cool down – 800m run, barefoot circuit, Stretch</p>	<p>8</p> <p>Warm-up – Speed circuit Workout - 40m at 80,85,90,95% w/ Walk back</p> <p>Rest 5 min</p> <p>50m at 80,85,90,95% w/ Walk back Cool down – Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>9</p> <p>Warm-up – Tempo Circuit Workout - 8-10x300m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>10</p> <p>Warm-up – Fitness circuit Workout -10xDiagonals walk across field recovery at 65% Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>11</p> <p>Warm-up – Tempo Circuit Workout - 2x3x120 at 80% recover 2, rest 5 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>12</p> <p>15-20minute run</p>
13	<p>DECEMBER 14</p> <p>Warm-up – Fitness circuit Workout – 100m walk back 50 - 2 laps (last run finishes at start) at 65% Cool down – 800m run, Fitness circuit, Stretch</p>	<p>15</p> <p>Warm-up – run 10 min. easy Workout – 2-3 reps of Pyramid hill (4-6 hills total), jog recovery between each! Cool down – run back to track, Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>16</p> <p>Warm-up – Tempo Circuit Workout - 8-10x300m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>17</p> <p>Warm-up – Fitness circuit Workout – 5x run 100 on turn walk across field, run 200 walk back to turn start At 65% Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>18</p> <p>Warm-up – Tempo Circuit Workout - 2x3x120 at 80% recover 2, rest 5 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>19</p> <p>15-20minute run</p> <p>Weight circuit on your own!</p>
20	<p>DECEMBER 21</p> <p>Warm-up – Fitness circuit Workout - 2x5x150 at 70% recover walk 50 rest walk 250 Cool down – 800m run, Fitness circuit, Stretch</p>	<p>22</p> <p>Warm-up – Speed circuit Workout - 40m at 80,85,90,95% w/ Walk back</p> <p>Rest 5 min</p> <p>50m at 80,85,90,95% w/ Walk back Cool down – Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>23</p> <p>Warm-up – Tempo Circuit Workout - 6-8x400m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>24</p> <p>Warm-up – Fitness circuit Workout -15x100m at 65% every 60 seconds Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>25</p> <p>Warm-up – Tempo Circuit Workout - 1x3x150 at 80% recover 2:30, rest 6 1x3x120 at 80% recover 2, rest 5 1x3x150 at 80% recover 2:30</p> <p>Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>26</p> <p>20-25minute run</p> <p>Weight circuit on your own!</p>
27 Rest	<p>DECEMBER 28</p> <p>Warm-up – Fitness circuit Workout -12xDiagonals walk across field recovery at 65% Cool down – 800m run, Fitness circuit, Stretch</p>	<p>29</p> <p>Warm-up – run 10 min. easy Workout – 3-4 reps of Pyramid hill (6-8 hills total), jog recovery between each! Cool down – run back to track, Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>30</p> <p>Warm-up – Tempo Circuit Workout – 4-6x500m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>31</p> <p>Warm-up - Fitness circuit Workout - 1 lap 7x100m at 70% walk back 50 recovery Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>JANUARY 1</p> <p>Warm-up – Tempo Circuit Workout - 3x3x150 at 80% recover 2:30, rest 6 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>2</p> <p>20-25minute run</p> <p>Weight circuit on your own!</p>
3 Rest	<p>JANUARY 4</p> <p>Warm-up – Fitness circuit Workout – 6x run 100 on turn walk across field, run 200 walk back to turn start At 65% Cool down – 800m run, Fitness circuit, Stretch</p>	<p>5</p> <p>Warm-up – Speed circuit Workout - 50m at 80,85,90,95% w/ Walk back</p> <p>Rest 5 min</p> <p>60m at 80,85,90,95% w/ Walk back Cool down – Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>6</p> <p>Warm-up – Tempo Circuit Workout - 8-10x300m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>7</p> <p>Warm-up – Fitness circuit Workout - 2x5x150 at 65% recover walk 50 rest walk 250 Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>8</p> <p>Warm-up – Tempo Circuit Workout - 2x3x150 at 80% recover 2:30, rest 6 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>9</p> <p>25-30minute run</p> <p>Weight circuit on your own!</p>
10 Rest	<p>JANUARY 11</p> <p>Warm-up – Fitness circuit Workout -18x100m at 65% every 60 seconds Cool down – 800m run, Fitness circuit, Stretch</p>	<p>12</p> <p>Warm-up – run 10 min. easy Workout – 3-4 reps of Pyramid hill (6-8 hills total), jog recovery between each! Cool down – run back to track, Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>13</p> <p>Warm-up – Tempo Circuit Workout - 8-10x300m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>14</p> <p>Warm-up – Fitness circuit Workout -14xDiagonals walk across field recovery at 65% Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>15</p> <p>Warm-up – Tempo Circuit Workout - 2x3x150 at 80% recover 2:30, rest 6 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>16</p> <p>25-30minute run</p> <p>Weight circuit on your own!</p>
17 Rest	<p>JANUARY 18</p> <p>Warm-up – Fitness circuit Workout – 100,100,100,200 100,100,200,100 100,200,100,100 200,100,100,100 walk back 50 after each rep, (no sets – all continuous) at 65% Cool down – 800m run, Fitness circuit, Stretch</p>	<p>19</p> <p>Warm-up – Speed circuit Workout - 50m at 80,85,90,95% w/ Walk back</p> <p>Rest 5 min</p> <p>60m at 80,85,90,95% w/ Walk back Cool down – Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>20</p> <p>Warm-up – Tempo Circuit Workout - 6-8x400m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>21</p> <p>Warm-up – Fitness circuit Workout – 100m walk back 50 - 2 laps (last run finishes at start) at 65% Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>22</p> <p>Warm-up – Tempo Circuit Workout - 2x3x185 at 80% recover 2:30, rest 6 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>23</p> <p>25-30minute run</p> <p>Weight circuit on your own!</p>
24	<p>JANAURY 25</p> <p>Warm-up – Fitness circuit Workout - 3x4x150 at 65% recover walk 50 rest walk 250 Cool down – 800m run, Fitness circuit, Stretch</p>	<p>26</p> <p>Warm-up – run 10 min. easy Workout – 4-5 reps of Pyramid hill (6-8 hills total), jog recovery between each! Cool down – run back to track, Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>27</p> <p>Warm-up – Tempo Circuit Workout – 4-6x500m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>28</p> <p>Warm-up - Fitness circuit Workout - 1 lap 7x100m at 70% walk back 50 recovery Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>29</p> <p>Warm-up – Tempo Circuit Workout - 3x3x185 at 80% recover 2:30, rest 6 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>30</p> <p>25-30minute run</p> <p>Weight circuit on your own!</p>
31	<p>FEBRUARY 1</p> <p>Warm-up – Fitness circuit Workout – 100,100,100,200 100,100,200,100 100,200,100,100 200,100,100,100 walk back 50 after each rep, (no sets – all continuous) at 65% Cool down – 800m run, Fitness circuit, Stretch</p>	<p>2</p> <p>Warm-up – Speed circuit Workout - 50m at 80,85,90,95% w/ Walk back</p> <p>Rest 5 min</p> <p>60m at 80,85,90,95% w/ Walk back Cool down – Speed circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>3</p> <p>Warm-up – Tempo Circuit Workout – 4-6x500m at VO2max pace Equal time recovery Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>4</p> <p>Warm-up – Fitness circuit Workout – 100m walk back 50 - 2 laps (last run finishes at start) at 65% Cool down – 800m run, Fitness circuit, Stretch</p> <p>Weight circuit in Weight room at 4:15pm!</p>	<p>5</p> <p>Warm-up – Tempo Circuit Workout - 3x3x185 at 80% recover 2:30, rest 6 Cool down – Tempo Circuit & Plyo-Swiss Ball Routine</p>	<p>6</p> <p>20 minute run</p> <p>Weight circuit on your own!</p>