

# COUGAR TRACK & FIELD

## 2010 speed WINTER CONDITIONING

MONDAY through FRIDAY winter conditioning sessions meet at 3:20pm on the track!

### NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

#### SPEED WARM-UP

##### • 800m EASY run

10 x front leg swings  
10 x side leg swings

##### • 400m EASY run

2 x 20m forward skips w/ arm swing  
HRDL: 2 x 20m forward knee to hand "pop-pop"  
2 x 20m lateral shuffle w/ arm swing  
2 x 20m lateral crossovers

##### • 4 x 60m strides @ 70% max velocity.

2 x 10m forward "h" A skips  
2 x 10m forward knee lift  
2 x 10m forward heel lift

##### • 4 x 60m accelerations @ 75%, 80%, 85%, 90% max velocity.

2 x 10m forward straight leg scissor  
2 x 10m forward "quick lift" skip  
2 x 10m forward "quick lift" anklng  
HRDL: 10 x standing lead-leg at fence  
HRDL: 2 x 10m lead-leg skips over low hurdles  
HRDL: 2 x 10m trail-leg skips over low hurdles

##### • 4 x 60m acceleration @ 90%

4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

#### SPEED COOL DOWN

##### • 400m EASY run

10 x Forward Trail Leg Drill over hurdle  
10 x Push Ups  
2 x 10m Forward/Backward Lunge with Torso Twist  
10 x Dbl Leg Jump Ups on Bench  
2 x 10m hop-steps

##### • 400m EASY run

10 x Backward Trail Leg Drill over hurdle  
10 x Triceps Dips on bench  
2 x 10m Lateral Lunge  
10 x Lateral Step Up/Knee Drives  
2 x 10m power bounds

##### • 400m EASY run

4 minute Abs, Back circuit (60 seconds per activity)

##### • 600m BAREFOOT EASY run on turf (three turf laps)

Stretch circuit

#### TEMPO WARM-UP

##### • 800m EASY run backward on straights, forward on turns

##### 11 x 60m jog / strength circuit:

-eagles, on chest, heel to hand  
-eagles, on back, toe to hand  
-side leg raises, toe twists  
-opposite arm/leg raises, on chest  
-abductor resistance half squat circles (push knees out)  
-scoops  
-hands & knees scorpions  
-hurdle position leg lifts  
-low reach crunch  
-hands & knees hydrants  
-abductor resistance half squat circles (push knees in)

##### Jog Variation Between Each:

-forward jog x 2  
-backward jog x 2  
-360 skip x 2  
-crossover forward jog x 2  
-wide step forward jog x 2

##### 4 x 60m progressive accelerations @ 70, 75, 80, 85% HRDL: 4 x 60m "pop-overs": jog 5 steps, sprint 3 steps over low hurdle

#### TEMPO COOL DOWN

##### • 1200m MEDIUM run

4 minute plank drill- continuous rotation: front-plank/side-plank/back-plank/pushups

##### • 400m EASY run

Plyoball-Swiss Ball Fitness Circuit

##### • 400m EASY run

Stretch circuit

#### STRETCH CIRCUIT

Triceps (elbow behind head)  
Shoulder (pull arm in front)  
Oblique/IT band (standing leg crossover, side reach over head)  
Hamstring (standing crossover reach)  
Quad (standing, pull ankle behind glute)  
Upper calf (standing, straight leg)  
Lower calf (standing, bent leg)  
Groin/quad (forward lunge, ankle to glute)  
Groin/hamstring (lateral lunge)  
Quad (hip thrust, knee down)  
IT band (lunge/shin to ground)  
IT band/Glute (ankle on knee, sag hips)  
Hamstring (sit modified hurdle)  
Groin (butterfly sit)  
Hips/back (corkscrew sit)  
Glute/hip (corkscrew sit/ knee to chest)

#### FITNESS WARM-UP

##### • 800m EASY run

##### 9 x 60m jog / strength circuit:

-hip/trunk rotations, on back, shldr flat  
-hands & knees donkey whip  
-pistons, "h" position to full extension  
-side clams  
-hands & knees bird dogs  
-side crunches  
-chest lifts  
-thrusts  
-standing "h"

##### Jog Variation Between Each:

-backward jog x 2  
-360 skip x 2  
-crossover forward jog x 2  
-wide step forward jog x 2

#### FITNESS COOL DOWN

##### • 800m MEDIUM run

6 minute abdominal circuit- continues 60 seconds per activity: scoops, thrusts, forearm to thigh, alternate reach, marching, crunches, fingertips to wrists, etc.

##### • 800m EASY run

##### 2 x 20m barefoot drills

-ground grabbers  
-heel to toe calf raise walk  
-toes up/out, toes up/in, heels up/out, heels up/in

Stretch circuit

#### PLYOBALL-SWISS BALL FITNESS CIRCUIT

60-90 seconds per activity. 50m Acceleration between each.

##### SWISS BALL:

1. Supine Bridge on Shoulders
2. Inner Thigh Drop Push
3. Stink Bugs
4. Sideways Oblique Crunch
5. Supine Bridge Hamstring Curl
6. Supine Leg Lift Twists
7. Hips on Ball Opposite Arm/Leg Raises
8. Hand to Ankle Ball Pass
9. Prone Hips on Ball Leg Lifts
10. Side Split Leg Raises

##### PLYO BALL:

1. Jumping Jacks
2. Standing Straight Arm Circles
3. Standing Straight Arm Twists
4. Seal Jacks
5. 2 Ball Push up
6. Inchworm Rollout/back
7. Crossover Flings
8. Russian Twist
9. Squat Press to Overhead
10. Jump Rope Hops