

COUGAR TRACK & FIELD

2010 SPRING SEASON SPEED SCHEDULE

MONDAY through SATURDAY track & field team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED WARM-UP (wks 1-5) PHASE 1

• 800m EASY run
10 x side to side leg swings on fence
10 x front to back leg swings on fence

• 400m EASY run
2 x 15m easy skips with arm swing
2 x 15m lateral shuffle with arm swing
2 x 15m lateral cross over

• 400m EASY run
2 x 15m forward heel lift run,
-Heels In, toes up & out walk back.
2 x 15m forward knee lift run,
-Toes In, heels up & out walk back.

• 4 x 60m strides @ 70% max.
2 x 15m forward "h" skip,
-Dorsi flexed toes walk back.
2 x 15m forward quick "h" skips,
-Dorsi flexed toes walk back.
2 x 15m slower-higher "h" skips,
-Dorsi flexed toes walk back.

• 4 x 60m accelerations @ 75%, 80%,
85%, 90% max.
2 x 15m forward straight leg scissor
2 x 15m forward "quick lift" skip
2 x 15m lead-leg skips over hurdles
2 x 15m trail-leg skips over hurdles

• 4 x 60m acceleration @ 90% max.
• 4 x 60m acceleration over hurdle

SPEED COOL DOWN (wks 1-5) PHASE 1

• 400m EASY run
10 x Forward Trail Leg Fence Hrdls
2 x 10m hop-steps
10 x Push Ups
2 x 10m Forward Lunge
10 x Double Leg Hop Ups on bench

• 400m EASY run
10 x Backward Trail Leg Fence Hrdls
2 x 10m forward bounds
10 x Triceps Dips on bench
2 x 10m Lateral Lunge
10 x Lateral Step Ups on bench

• 400m EASY run
4 minute Abs, Back circuit (60 seconds per activity)
• 800m BAREFOOT EASY run on turf
(three turf laps)

Stretch circuit

TEMPO WARM-UP (wks 1-5) PHASE 1

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

9 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
-scoops
-hands & knees scorpions
-hurdle position leg lifts
-low reach crunch
-hands & knees hydrants

Jog Variation Between Each:
-backward jog x 2
-360° jog x 2
-crossover forward jog x 1
-wide step forward jog x 1
-lateral shuffle 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 (wks 1-5) PHASE 1

• 800m MEDIUM run
4 minute plank drill- continuous rotation:
front-plank/side-plank/back-plank/pushups

• 400m EASY run
-60 sec. Squat Circles, hands push IN
on knees
-60 sec. Squat Circles, hands push
OUT on knees

• 400m EASY run
Stretch circuit

JUMP TECHNIQUE

Choose 1-2 from following:
8 x slow motion penultimate/take off
2 x dead-leg run over 3-5 hrdls
8 x hop-step into pit
4 x snl arm alternating knee drive
rhythm skip over 7 hrdls
4 x dbl arm alternating transfers
over 7 hrdls
4 x dbl arm side step over 7 hrdls

FITNESS WARM-UP (wks 1-5) PHASE 1

• 800m EASY run
9 x 60m jog / strength circuit:
-hip/trunk rotations, on back, shldr fit
-hands & knees straight leg circles
-pistons, "h" position to full extension
-side clams
-hands & knees bird dogs
-side crunches
-chest lifts
-thrusters
-standing "h"

Jog Variation Between Each:
-forward skip & arm swing x 1
-backward skip & arm swing x 1
-360° skip & arm swing x 2
-hip twist skip & arm swing x 2
-forward saddle skips x 2

FITNESS COOL DOWN (wks 1-5) PHASE 1

• 800m MEDIUM run
6 minute abdominal circuit- continues
60 seconds per activity: scoops,
thrusters, 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

HRDL TECHNIQUE

Choose 2-3 from following:
2 x step over 5-7 hrdls
2 x lateral knee drives over 5-7 hrdls
2 x lateral straight-leg drives over 5-7
2 x lateral skip over 3-5 hrdls
2 x alternating knee drive rhythm skip
over 5-7 hrdls
2 x karioke knee drive over hrdl
2 x every other hrdl, lead leg / trail leg
10x uneven hrdl, trail leg drill

Choose 1 from following:
4 x lead-leg / trail leg one-steps over
3-5 hrdls
4 x full hurdle one-steps over 3-5
hrdls
4 x alternating lead/trail-leg over 4-8
half-in-lane hrdls

PLYO-SWISS BALL CIRCUIT (wks 1-5) PHASE 1

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

STRETCH CIRCUIT SP ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg
crossover, side reach over
head)
4. Hamstring (standing crossover
reach)
5. Quad (standing, pull ankle behind
glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle
to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee,
sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to
chest)

COUGAR TRACK & FIELD

2010 SPRING SEASON SPEED SCHEDULE

MONDAY through SATURDAY track & field team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED WARM-UP (wks 6-10) PHASE 2

- 800m EASY run
10 x side to side leg swings
10 x front to back leg swings
- 400m EASY run
2 x 15m easy skips with arm swing
2 x 15m lateral shuffle with arm swing
2 x 15m lateral cross over
- 400m EASY run
2 x 15m alternating "quick leg" run
-Heels in, toes up & out walk back.
2 x 15m forward rotary run
-Toes in, heels up & out walk back.
- 4 x 60m strides @ 70% max.
2 x 15m "B" skips
-Dorsi flexed toes walk back.
2 x 15m forward quick "h" skips,
-Dorsi flexed toes walk back.
2 x 15m slower-higher "h" skips,
-Dorsi flexed toes walk back.
- 4 x 60m accelerations @ 75%, 80%,
85%, 90% max.
2 x 15m forward straight leg scissor
2 x 15m forward "quick lift" ankleing
2 x 10m lead-leg skips over hurdles
2 x 10m trail-leg skips over hurdles
- 4 x 180° hop turn, 60m acceleration
@ 90% max.
4 x 60m acceleration over hurdle

SPEED COOL DOWN (wks 6-10) PHASE 2

- 400m EASY run
2 x 10 hrdl walkovers 30"
10 x Push Ups SPIDER
2 x 20m hop-steps
10 x Triceps Dips w/ leg lift
2 x 10m Backward Lunge/Twist
- 400m EASY run
2 x 20m forward bounds
Mountain Climber Matrix:
-20 x single IN
-20 x single OUT
-10 x torso twist
2 x 10m dbl leg lateral hop-squats
- 400m EASY run
4 minute Abs, Back circuit (60 sec-
onds per activity)
- 800m BAREFOOT EASY run on turf
(three turf laps)

Stretch circuit

TEMPO WARM-UP (wks 6-10) PHASE 2

- 800m EASY run backward on
straights, forward on turns
- 9 x 60m jog / strength circuit:
-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-arm stand, side leg hold, toe twists
-opposite arm/leg scissor, on chest
-suitcases, on tail bone
-forearm stand bent leg raises
-sitting bicycle
-oscillating heel reach
-elbow stand bent leg raises
- Jog Variation Between Each:
-forward skip & arm swing x 1
-backward skip & arm swing x 1
-360° skip & arm swing x 2
-hip twist skip & arm swing x 2
-forward saddle skips x 2
- 4 x lateral in place quick steps, 60m
progressive accelerations
@ 70, 75, 80, 85% max.
- HRDL: 4 x 60m "pop-overs": jog 5
steps, sprint 3 steps over
low hurdle

TEMPO COOL DOWN (wks 6-10) PHASE 2

- 800m MEDIUM run
4 minute plank drill: continuous rota-
tion: front-plank/side-plank/back-plank
w/ straight leg lifts
- 400m EASY run
-2 x 10 speed skater Squats
- 400m EASY run
Stretch circuit

JUMP TECHNIQUE

- Choose 1-2 from following:
8 x slow motion penultimate/take off
2 x dead-leg run over 3-5 hrdls
8 x hop-step into pit
4 x sngl arm alternating knee drive
rhythm skip over 7 hrdls
4 x dbl arm alternating transfers
over 7 hrdls
4 x dbl arm side step over 7 hrdls

FITNESS WARM-UP (wks 6-10) PHASE 2

- 800m EASY run
- 9 x 60m jog / strength circuit:
-hip/trunk rotations, on back, shldr
flat
-hands & knees donkey whip
-straight leg lifts/scissors, on back
-hands & knees fwd/bkwd knee
circles
-push up position, bird dogs
-russian twists
-legs up arm crawl, on chest
-v-ups
-standing "h" strike drill
- Jog Variation Between Each:
-backward jog x 2
-360° jog x 2
-crossover backward jog x 1
-wide step backward jog x 1
-lateral crossover x 2

FITNESS COOL DOWN (wks 6-10) PHASE 2

- 800m MEDIUM run
6 minute abdominal circuit- continues
60 seconds per activity: scoops,
thrusts, forearm to thigh, alternate
reach, marching, 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

HRDL TECHNIQUE

- Choose 2-3 from following:
2 x step over 5-7 hrdls
2 x lateral knee drives over 5-7 hrdls
2 x lateral straight-leg drives over 5-7
2 x lateral skip over 3-5 hrdls
2 x alternating knee drive rhythm skip
over 5-7 hrdls
2 x karioke knee drive over hrdl
2 x every other hrdl, lead leg / trail leg
10x uneven hrdl, trail leg drill
- Choose 1 from following:
4 x lead-leg / trail leg one-steps over
3-5 hrdls
4 x full hurdle one-steps over 3-5
hrdls
4 x alternating lead/trail-leg over 4-8
half-in-lane hrdls

PLYO-SWISSBALL CIRCUIT (wks 6-15) PHASE 2 & 3

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

SWISS BALL:

1. Supine Bridge Lateral Walk
2. Inner Thigh Drop Push
3. Stink Bug to Pike
4. Sideways Oblique Crunch
5. Supine Bridge Hip Thrust Hamstring
Curl
6. Supine Leg Lift Twists
7. Hips on Ball Cobra Raises
8. Hand to Ankle Ball Pass
9. Prone Hips on Ball Leg Lift Splits
10. Side Split Leg Raises

PLYO BALL:

1. Jumping Jacks
2. Standing Wood Chops
3. Sit Up, Stand Ups
4. Seal Jacks
5. 1 Ball Push up Switch
6. Inchworm Bounce out/back
7. Crossover Flings
8. Three Bounce Twist
9. Squat Press Jump
10. Jump Rope Hops w/ Straight Arm
Ball Hold

STRETCH CIRCUIT MD & LD ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg
crossover, side reach over
head)
4. Hamstring (standing crossover
reach)
5. Quad (standing, pull ankle behind
glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle
to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee,
sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to
chest)

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2010 SPRING SEASON SPEED SCHEDULE

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NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED WARM-UP (wks 11-15) PHASE 3

- 800m EASY run
10 x side to side leg swings
10 x front to back leg swings
- 400m EASY run
2 x 15m easy skips with arm swing
2 x 15m lateral shuffle with arm swing
2 x 15m lateral cross over
- 400m EASY run
2 x 15m alternating "quick leg" run
-Heels in, toes up & out walk back.
2 x 15m forward rotary run
-Toes in, heels up & out walk back.
- 4 x 60m strides @ 70% max.
2 x 15m "B" skips
-Dorsi flexed toes walk back.
2 x 15m forward quick "h" skips,
-Dorsi flexed toes walk back.
2 x 15m slower-higher "h" skips,
-Dorsi flexed toes walk back.
- 4 x 60m accelerations @ 75%, 80%,
85%, 90% max.
2 x 15m forward straight leg scissor
2 x 15m forward "quick lift" anking
2 x 10m lead-leg skips over hurdles
2 x 10m trail-leg skips over hurdles
- 4 x 360° hop turn, 60m acceleration @
90% max.
- 4 x 60m acceleration over hurdle

SPEED COOL DOWN (wks 11-15) PHASE 3

- 400m EASY run
2 x 10 BACKWARD hrdl walkovers 30"
2 x 30m hop-steps
10 split lunge hops
2 x 10 dbl leg lateral hop-ups on bench
 - 400m EASY run
10 x burpees w/ pushup SPLITS
10 x Triceps Dips w/ leg lift
2 x 30m forward bounds
 - 400m EASY run
4 minute Abs, Back circuit (60 seconds
per activity)
 - 800m BAREFOOT EASY run on turf
(three turf laps)
- Stretch circuit

TEMPO WARM-UP (wks 11-15) PHASE 3

- 800m EASY run backward on
straights, forward on turns
- 7 x 60m jog / strength circuit:
-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-arm stand, side leg raises, toe twists
-arm/leg scissors, on chest
-v-ups
-forearm stand bent leg raises
-elbow stand bent leg raises
- Jog Variation Between Each:
-forward jog x 2
-backward jog x 2
-360° jog x 2
- 4 x lateral in place dbl leg hops, 60m
progressive accelerations
@ 70, 75, 80, 85% max.
- HRDL: 4 x 60m "pop-overs": jog 5
steps, sprint 3 steps over
low hurdle

TEMPO COOL DOWN (wks 11-15) PHASE 3

- 800m MEDIUM run
4 minute plank drill: continuous rota-
tion: front-plank/side-plank/back-plank
w/ straight leg & arm lifts
- 400m EASY run
-2 x 10m Banana Rolls
- 400m EASY run
Stretch circuit

JUMP TECHNIQUE

- Choose 1-2 from following:
- 8 x slow motion penultimate/take off
 - 2 x dead-leg run over 3-5 hrdls
 - 8 x hop-step into pit
 - 4 x sngl arm alternating knee drive
rhythm skip over 7 hrdls
 - 4 x dbl arm alternating transfers
over 7 hrdls
 - 4 x dbl arm side step over 7 hrdls

FITNESS WARM-UP (wks 11-15) PHASE 3

- 800m EASY run
- 7 x 60m jog / strength circuit:
-hip/trunk rotations, on back, shldrs
flat
-straight leg lifts/scissors, on back
-push up position, bird dogs
-side ups
-legs up arm crawl, on chest
-scoop thrusts
-standing "h" SWITCH drill
- Jog Variation Between Each:
-360° skip x 2
-lateral shuffle x 2
-lateral crossover x 2

FITNESS COOL DOWN (wks 11-15) PHASE 3

- 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

HRDL TECHNIQUE

- Choose 2-3 from following:
- 2 x step over 5-7 hrdls
 - 2 x lateral knee drives over 5-7 hrdls
 - 2 x lateral straight-leg drives over 5-7
 - 2 x lateral skip over 3-5 hrdls
 - 2 x alternating knee drive rhythm skip
over 5-7 hrdls
 - 2 x karioke knee drive over hrdl
 - 2 x every other hrdl, lead leg / trail leg
 - 10x uneven hrdl, trail leg drill
- Choose 1 from following:
- 4 x lead-leg / trail leg one-steps over
3-5 hrdls
 - 4 x full hurdle one-steps over 3-5
hrdls
 - 4 x alternating lead/trail-leg over 4-8
half-in-lane hrdls

PLYO-SWISSBALL CIRCUIT (wks 6-15) PHASE 2 & 3

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

SWISS BALL:

1. Supine Bridge Lateral Walk
2. Inner Thigh Drop Push
3. Stink Bug to Pike
4. Sideways Oblique Crunch
5. Supine Bridge Hip Thrust Hamstring
Curl
6. Supine Leg Lift Twists
7. Hips on Ball Cobra Raises
8. Hand to Ankle Ball Pass
9. Prone Hips on Ball Leg Lift Splits
10. Side Split Leg Raises

PLYO BALL:

1. Jumping Jacks
2. Standing Wood Chops
3. Sit Up, Stand Ups
4. Seal Jacks
5. 1 Ball Push up Switch
6. Inchworm Bounce out/back
7. Crossover Flings
8. Three Bounce Twist
9. Squat Press Jump
10. Jump Rope Hops w/ Straight Arm
Ball Hold

STRETCH CIRCUIT MD & LD ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg
crossover, side reach over
head)
4. Hamstring (standing crossover
reach)
5. Quad (standing, pull ankle behind
glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle
to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee,
sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to
chest)

2010 SPRING SEASON SP SCHEDULE

Activities Subject to Change. Practice is **NEVER** Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 7 Active rest. •Stretch.	8 Accel/Extensive Tempo Speed Warm Up 4x10m, 4x20m Standing Staggered Starts with walk back recovery btwn segments. 1x50m @ 95% HRDL: out of blocks over first 1 30/33* 100/110m hrlds. 12x100m every 60sec @ 1600m pace. Speed Cool Down	9 Intensive Tempo Tempo Warm Up 3x(3x150) @ 800m pace with 2 min. recovery btwn segments, 8 min. recovery btwn sets, HRDL: 2 sets over 21* 300m hrlds. Tempo Cool Down •Weight circuit x 2.	10 Speed/Extensive Tempo Speed Warm Up 6x90m: 30m Maintain speed, relax form, 10m Speed, 30m maintain, 10 speed/finish line with walk back recovery btwn segments. 1x50m @ 95%. 3x100m, 200m @ 1600m pace with walk across field recovery. Speed Cool Down	11 VO2 Fitness Warm Up HRDL: Technique. 6x300m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down •Weight circuit x 2.	12 NO SCHOOL Speed Speed Warm Up 150m test run. 3x80m @ 90% with 5 min. recovery btwn segments. Speed Cool Down BLOCK Technique	13 Intensive Tempo Tempo Warm Up JUMP: Technique. 2x(3x150m) @ 800m pace with 2 recovery btwn segments, 8 minute recovery btwn sets. Tempo Cool Down HRDL: Technique. BLOCK Technique
Feb 14 Active rest. •Stretch.	15 NO SCHOOL Accel/Extensive Tempo Speed Warm Up 2x10m, 4x20m Standing Staggered Starts with walk back recovery btwn segments. 1x50m @ 95% HRDL: out of blocks over first 2 30/33* 100/110m hrlds with discounted spacing. 14x100m every 60sec @ 1600m pace. Speed Cool Down	16 Intensive Tempo Tempo Warm Up HRDL: Technique. 3x(3x150m) @ 800m pace with 2 min. recovery btwn segments, 8 min. recovery btwn sets, HRDL: 2 sets over 25* 300m hrlds. Tempo Cool Down •Weight circuit x 2.	17 Speed/Extensive Tempo Speed Warm Up 6x100m EZ w/ 20m hit zone with walk back recovery btwn segments. (on an incline) 1x50m @ 95% HRDL: out of blocks over first 2 30/33* 100/110m hrlds with discounted spacing. 2x(4x150m) @ 1600m pace with walk back 50m btwn segments, walk back 250m btwn sets. Speed Cool Down	18 Intensive Tempo Tempo Warm Up HRDL: Technique. 2x(3x180m) @ 800m pace with 2:30 min. recovery btwn segments, 8 min. recovery btwn sets. HRDL: 1st set over 25* 300m hrlds. Tempo Cool Down •Weight circuit x 2.	19 VO2 Fitness Warm Up 6-7x400m @ 3200m pace with equal time recovery btwn segments. Run as relays in equal pairs with open handoff practice. JUMP: Technique. Fitness Cool Down BLOCK Technique	20 Intensive Tempo Tempo Warm Up JUMP: Technique. 2x(3x150m) @ 800m pace with 2 min. recovery btwn segments, 8 min. recovery btwn sets. Tempo Cool Down HRDL: Technique. BLOCK Technique
Feb 21 Active rest. •Stretch.	22 Accel/Extensive Tempo Speed Warm Up 2x10m, 3x20m, 4x30m, Standing Starts with walk back recovery btwn segments (on an incline) 1x50m @ 95% HRDL: out of blocks over first 3 30/36* 100/110m hrlds with discounted spacing. 16x100m every 60sec @ 1600m pace. Speed Cool Down	23 Intensive Tempo Tempo Warm Up HRDL: Technique. 3x(3x180m) @ 800m pace with 2:30 min. recovery btwn segments, 8 min. recovery btwn sets, HRDL: 2 sets over 25* 300m hrlds. Tempo Cool Down •Weight circuit x 3.	24 Speed/Extensive Tempo Speed Warm Up 6x90m: 30m Maintain speed, relax form, 10m Speed, 30m maintain, 10 speed/finish line with walk back recovery btwn segments. 1x50m @ 95% HRDL: out of blocks over first 3 30/33* 100/110m hrlds with discounted spacing. 4x100m, 200m @ 1600m pace with walk across field recovery. Speed Cool Down	25 VO2 Fitness Warm Up JUMP: Technique. 6x500m @ 3200m pace with equal time recovery btwn segments. Fitness Cool Down •Weight circuit x 2.	26 RACE: Team Time Trials	27 Intensive Tempo Tempo Warm Up JUMP: Technique. 2x(3x180m) @ 800m pace with 2:30 min. recovery btwn segments, 8 min. recovery btwn sets. Tempo Cool Down HRDL: Technique. BLOCK Technique
Feb 28 Active rest. •Stretch.	MARCH 1 Max & Speed Endurance Speed Warm Up 4x100m Hand-offs, (2x) 2x15m, 2x25m Block starts. 3x50m @ 95% with 3 min. recovery btwn segments. (Last 50m of 100m-finish line) HRDL: out of blocks over first 3 100/110m 30/36* hrlds with discounted spacing. 2x100m @ 95% with 5 min. recovery btwn segments. (50m on the Curve & finish last 50m on straight) Speed Cool Down	2 Extensive Tempo Fitness Warm Up HRDL: Technique. 2x(5x150m) @ 1600m pace with walk back 50m btwn segments, walk back 250m btwn sets. Fitness Cool Down •Weight circuit x 3.	3 Speed Endurance Speed Warm Up 4x100m Hand-offs. (2x) 3x150m @ with 5 min. recovery btwn segments. (First 50m @ 50% and 95% at the 100m) HRDL: out of blocks over first 6 30/36* 100/110m hrlds with discounted spacing. 2x80m @ 95% with 4 min. recovery btwn segments. Speed Cool Down	4 VO2 Fitness Warm Up JUMP: Technique. 6x600m @ 3200m pace with equal time recovery btwn segments. + 4x400m hand-offs (2x) Fitness Cool Down •Weight circuit x 3.	5 RACE: Red vs. Blue Intra-squad meet	6 Intensive Tempo Tempo Warm Up JUMP: Technique. 2x(3x200m) @ 800m pace with 3 min. recovery btwn segments, 8 min. recovery btwn sets. Tempo Cool Down HRDL: Technique. BLOCK Technique

2010 SPRING SEASON SP SCHEDULE

Activities Subject to Change. Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 7</p> <p>*REST DAY. NO RUN. *Stretch.</p>	<p>8 Max & Speed Endurance</p> <p>Speed Warm Up</p> <p>2x20m, 2x30m Block starts</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. (incline) HRDL: out of blocks over first 4 100/110m 30/36" hrdls with discounted spacing.</p> <p>1x120m @ 95% with 6 min. recovery btwn segments</p> <p>1x100m @ 95%</p> <p>Speed Cool Down</p>	<p>9 Extensive Tempo</p> <p>Fitness Warm Up</p> <p>JUMP: Technique.</p> <p>3x(100m,200m,300m) @ 1600m pace with walk across field recovery btwn segments/sets.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 2.</p>	<p>10 Speed Endurance</p> <p>Speed Warm up</p> <p>4x90m: 30m Maintain speed, relax form, 10m Speed, 30m maintain, 10 speed/finish line with walk back recovery btwn segments.</p> <p>2x100m @ 95% with 5 min. recovery btwn segments. HRDL: out of blocks over first 6 30/36" 100/110m hrdls with discounted spacing.</p> <p>1x80m @ 95%</p> <p>Speed Cool Down</p>	<p>11 Intensive Tempo</p> <p>Tempo Warm Up</p> <p>HRDL: Technique.</p> <p>3x(3x180m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets.</p> <p>HRDL: 2 sets over 27/33" 300m hrdls.</p> <p>Tempo Cool Down</p> <p>•Weight circuit x 2.</p>	<p>12 RACE: Dan Gabor Distance Festival</p> <p>or</p> <p>VO2</p> <p>Fitness Warm Up</p> <p>7x400m @ 3200m pace with equal time recovery btwn segments. +4x400m hand-offs (2x)</p> <p>Fitness Cool Down</p> <p>BLOCK Technique</p>	<p>13 RACE: Dan Gabor Sprint Festival</p>
<p>March 14</p> <p>Active rest. *Stretch.</p>	<p>15 Max & Speed Endurance</p> <p>Speed Warm Up</p> <p>4x100m Hand-offs. (2x) 2x20m, 2x30m Block starts</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. (10m runnings starts & end at Finish line) HRDL: out of blocks over first 4 100/110m 33/39" hrdls with discounted spacing.</p> <p>1x150m @ 95% with 8 min. recovery btwn segments</p> <p>1x100m @ 95%</p> <p>Speed Cool Down</p>	<p>16 Intensive Tempo</p> <p>Tempo Warm Up</p> <p>JUMP: Technique.</p> <p>3x(3x180m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 27/33" 300m hrdls.</p> <p>Tempo Cool Down</p> <p>•Weight circuit x 2.</p>	<p>17 Extensive Tempo</p> <p>Fitness Warm Up</p> <p>2x(5x150m) @ 1600m pace with walk back 50m btwn segments. walk back 250m btwn sets.</p> <p>Fitness Cool Down</p> <p>HRDL: Technique.</p> <p>BLOCK Technique</p>	<p>18 Speed Endurance</p> <p>Speed Warm up</p> <p>HRDL: Technique.</p> <p>1x150m @ 95% with 8 min. recovery btwn segments.</p> <p>3x100m @ 95% with 5 min. recovery btwn segments. (first 50m on the curve and last 50m on the straight) HRDL: out of blocks over first 8 100/110m 33/36" hrdls with discounted spacing.</p> <p>Speed Cool Down</p> <p>•Weight circuit x 2.</p>	<p>19 VO2</p> <p>Fitness Warm Up</p> <p>7x400m @ 3200m pace with equal time recovery btwn segments. Run as relays in equal pairs with open handoff practice.</p> <p>Fitness Cool Down</p> <p>HRDL: Technique.</p> <p>BLOCK Technique</p>	<p>20 RACE: Dublin Distance Fiesta</p> <p>or</p> <p>Intensive Tempo</p> <p>Tempo Warm Up</p> <p>JUMP-HURDLE: Rotating Skill Circuit.</p> <p>2x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1 set over 27/33" 300m hrdls.</p> <p>Tempo Cool Down</p> <p>BLOCK Technique</p>
<p>March 21</p> <p>Active rest. *Stretch.</p>	<p>22 Max & Speed Endurance</p> <p>Speed Warm Up</p> <p>4x100m Hand-offs. (2x) 2x20m, 2x30m Block starts</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. (incline) HRDL: out of blocks over first 4 100/110m 33/39" hrdls with discounted spacing.</p> <p>1x150m @ 95% with 8 min. recovery btwn segments</p> <p>1x120m @ 95%</p> <p>Speed Cool Down</p>	<p>23 Extensive Tempo</p> <p>Fitness Warm Up</p> <p>JUMP: Technique.</p> <p>3x(100m,200m,300m) @ 1600m pace with walk across field recovery btwn segments/sets.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 3.</p>	<p>24 Special Endurance I</p> <p>Speed Warm Up</p> <p>1x200m @ 95% with 10 min. recovery btwn segments. HRDL: over 5 30/36" 300m hrdls.</p> <p>2x150m @ 95% with 8 min. recovery btwn segments.</p> <p>Speed Cool Down</p>	<p>25 Intensive Tempo</p> <p>Tempo Warm Up</p> <p>HRDL: Technique.</p> <p>3x(3x180m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 27/33" 300m hrdls.</p> <p>Tempo Cool Down</p> <p>•Weight circuit x 3.</p>	<p>26 RACE: Stanford Invitational</p> <p>or</p> <p>VO2</p> <p>Fitness Warm Up</p> <p>5x500m @ 3200m pace with equal time recovery btwn segments. + 4x400m hand-offs (2x)</p> <p>Fitness Cool Down</p> <p>BLOCK Technique</p>	<p>27 RACE: Stanford Invitational</p> <p>or</p> <p>Intensive Tempo</p> <p>Tempo Warm Up</p> <p>JUMP-HURDLE: Rotating Skill Circuit.</p> <p>2x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1 set over 27/33" 300m hrdls.</p> <p>Tempo Cool Down</p>
<p>March 28</p> <p>Active rest. *Stretch.</p>	<p>29 Special Endurance I / Max</p> <p>Speed Warm Up</p> <p>4x100m Hand-offs. (2x)</p> <p>1x200m @ 95% with 10 min. btwn segments. HRDL: over 5 30/36" 300m hrdls.</p> <p>3x150m @ 95% with 8 minutes btwn segments.</p> <p>***---07---***</p> <p>3 x Long Jump Comp. Sim.</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 5 100/110m 33/39" hrdls with discounted spacing.</p> <p>Speed Cool Down</p>	<p>30 Extensive Tempo</p> <p>Fitness Warm Up</p> <p>HRDL: Technique.</p> <p>16x100m every 60sec @ 1600m pace.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 2.</p>	<p>31 RACE: DFAL Meet vs. Alhambra, Las Lomas @ AHS</p>	<p>APRIL 1 Intensive Tempo</p> <p>Tempo Warm Up</p> <p>HRDL: Technique.</p> <p>2x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of equal 5 for continuous relay for each set.</p> <p>Tempo Cool Down</p> <p>•Weight circuit x 3.</p>	<p>2 VO2</p> <p>Fitness Warm Up</p> <p>5x600m @ 3200m pace with equal time recovery btwn segments. + 4x400m hand-offs (2x)</p> <p>Fitness Cool Down</p> <p>BLOCK Technique</p>	<p>3 Intensive Tempo</p> <p>Tempo Warm Up</p> <p>JUMP-HURDLE: Rotating Skill Circuit.</p> <p>3x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. btwn sets. HRDL: 2 sets over 27/33" 300m hrdls.</p> <p>Tempo Cool Down</p>
<p>April 4</p> <p>Active rest. *Stretch.</p>	<p>5 NO SCHOOL Special Endurance I / Max</p> <p>Speed Warm Up</p> <p>1x250m @ 95% with 12 min. recovery btwn segments</p> <p>2x200m @ 95% with 10 min. recovery btwn segments.</p> <p>1x150m @ 95% HRDL: over last 3 30/36" 300m hrdls in each set.</p> <p>***---07---***</p> <p>3 x Triple Jump Comp. Sim.</p> <p>3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 5 100/110m 33/39" hrdls.</p> <p>Speed Cool Down</p>	<p>6 NO SCHOOL Extensive Tempo</p> <p>Fitness Warm Up</p> <p>HRDL: Technique.</p> <p>2x(6x150m) @ 1600m pace with walk back 50m btwn segments. walk back 250m btwn sets.</p> <p>Fitness Cool Down</p> <p>•Weight circuit x 3.</p>	<p>7 NO SCHOOL Special Endurance I</p> <p>Speed Warm Up</p> <p>1x300m @ 95% with 15 min. recovery btwn segments. HRDL: over 6 30/36" 300m hrdls.</p> <p>1x250m @ 95% with 12 min. recovery btwn segments</p> <p>2x200m @ 95% with 10 min. recovery btwn segments.</p> <p>Speed Cool Down</p>	<p>8 NO SCHOOL Intensive Tempo</p> <p>Tempo Warm Up</p> <p>HRDL: Technique.</p> <p>3x(3x200m) @ 600m pace with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 2 sets over 27/33" 300m hrdls.</p> <p>•Weight circuit x 3.</p> <p>Tempo Cool Down</p>	<p>9 NO SCHOOL VO2</p> <p>Fitness Warm Up</p> <p>JUMP-HURDLE: Rotating Skill Circuit.</p> <p>7x500m @ 3200m pace with equal time recovery btwn segments. + 4x400m hand-offs (2x)</p> <p>Fitness Cool Down</p>	<p>10 Capture the Flag World Championships @ Hidden Valley Park</p>

2010 SPRING SEASON SP SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>April 11</p> <p>•REST DAY. NO RUN. •Stretch.</p>	<p>12 Special Endurance I / Max</p> <p>Speed Warm Up 4x100m Hand-offs. (2x) 1x200m @ 95% with 12 min. recovery btwn segments. 2x150m @ 95% with 10 min. recovery btwn segments. 1x100m @ 95% (First 50m on the curve & last 50m on straight) HRDL: over last 3 30*36" 300m hrdls in each set. ***---0f---*** 2x Long Jump, 2x Triple Jump Comp. Simulation 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m 33/39" hrdls. Speed Cool Down</p>	<p>13 Extensive Tempo</p> <p>Fitness Warm Up HRDL: Technique. 14x100m @ 1600m pace with walk back 50m recovery btwn segments. Fitness Cool Down •Weight circuit x 3.</p>	<p>14 RACE: DFAL Meet vs. Alhambra, Dougherty Valley @ CHS</p>	<p>15 Intensive Tempo</p> <p>Tempo Warm Up HRDL: Technique. 2x(3x200m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of equal 5 for continuous relay for each set. Tempo Cool Down •Weight circuit x 2</p>	<p>16 Extensive Tempo</p> <p>Fitness Warm Up JUMP: Technique. 3x(100m,200m,300m) @ 1600m pace with walk across field recovery btwn segments/sets. HRDL: Technique. Fitness Cool Down</p>	<p>17 Intensive Tempo</p> <p>Tempo Warm Up JUMP-HURDLE: Rotating Skill Circuit. 3x(3x200m) @ 80, 85, 90% with 3 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1 set over 27/33" 300m hrdls. Fitness Cool Down</p>
<p>April 18</p> <p>Active rest. •Stretch.</p>	<p>19 Special Endurance I / Max</p> <p>Speed Warm Up 4x100m Hand-offs. (2x) 1x300m @ 95% with 12 min. recovery btwn segments. 2x250m @ 95% with 10 min. recovery btwn segments. 2x150m @ 95% HRDL: over last 3 30*36" 300m hrdls in each set. ***---0f---*** 2x Long Jump, 2x Triple Jump Comp. Simulation 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m 33/39" hrdls. Speed Cool Down</p>	<p>20 Extensive Tempo</p> <p>Fitness Warm Up HRDL: Technique. 16x100m @ 1600m pace with back 50m recovery btwn segments. Fitness Cool Down •Weight circuit x 3.</p>	<p>21 RACE: DFAL Meet vs. Alhambra, Miramonte @ CHS</p>	<p>22 Intensive Tempo</p> <p>Tempo Warm Up HRDL: Technique. 3x(3x200m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. HRDL: 1 set over 27/33" 300m hrdls. Fitness Cool Down •Weight circuit x 3.</p>	<p>23 VO2</p> <p>Fitness Warm Up JUMP: Technique. 6x500m @ 3200m pace with equal time recovery btwn segments. + 4x400m hand-offs (2x) Fitness Cool Down</p>	<p>24 RACE: Phillips-McCain Invitational</p>
<p>April 25</p> <p>Active rest. •Stretch.</p>	<p>26 Special Endurance I</p> <p>Speed Warm Up 4x300m @ 95% with 15 min. recovery btwn segments. HRDL: over last 3 30*36" 300m hrdls in each set. ***---0f---*** 2x Long Jump, 2x Triple Jump Comp. Simulation 3x50m @ 95% with 3 min. recovery btwn segments. HRDL: out of blocks over first 6 100/110m 33/39" hrdls. Speed Cool Down</p>	<p>27 Extensive Tempo</p> <p>Fitness Warm Up HRDL: Technique. 4x(100m,200m,300m) @ 1600m pace walk across field recovery btwn segments. + 4x400m hand-offs (2x) Fitness Cool Down •Weight circuit x 3.</p>	<p>28 Intensive Tempo</p> <p>Tempo Warm Up 3x(3x200m) @ 80, 85, 90% with 3 min. recovery btwn segments. 10 min. recovery btwn sets. 1 second step down each segment within set. Tempo Cool Down HRDL: Technique.</p>	<p>29 Extensive Tempo</p> <p>Fitness Warm Up JUMP: Technique. 20x100m every 60s @ 1600m pace. Fitness Cool Down •Weight circuit x 3.</p>	<p>30 RACE: Bob Warren Relays</p>	<p>MAY 1 Intensive Tempo</p> <p>Tempo Warm Up 2x(3x200m) @ 600m pace with 2:30 min. recovery btwn segments. 8 min. recovery btwn sets. Run as relays in groups of equal 5 for continuous relay for each set. Fitness Cool Down HRDL: Technique.</p>
<p>May 2</p> <p>Active rest. •Stretch.</p>	<p>3 Speed</p> <p>Speed Warm Up 4x100m Hand-offs. (3x) 2(3x50m) @ 98% 3 min. recovery btwn segments. 6 min. btwn sets. HRDL: over first 5 33*39" 100/110m hrdls. ***---0f---*** 3x Long Jump, 3x Triple Jump Comp. Simulation Speed Cool Down</p>	<p>4 Extensive Tempo</p> <p>Fitness Warm Up HRDL: Technique. 12x100m at @ 1600m pace walk back 50 recovery. Fitness Cool Down •Weight circuit x 3.</p>	<p>5 RACE: DFAL Meet vs. Aca-lanes, Alhambra, Dublin @ DHS</p>	<p>6 Intensive Tempo</p> <p>Tempo Warm Up HRDL: Technique. 3x(3x200m) @ 80, 85, 90% with 3 min. recovery btwn segments. 10 min. recovery btwn sets. 1 second step down each segment within set. Tempo Cool Down •Weight circuit x 3.</p>	<p>7 Extensive Tempo</p> <p>Fitness Warm Up 4x100m,200m at @ 1600m pace walk across recovery JUMP: Technique. Fitness Cool Down</p>	<p>8 Speed</p> <p>Speed Warm Up 4x100m handoffs ***---0f---*** 3x Long Jump, 3x Triple Jump Competition Simulation ***---0f---*** 6x40m block starts. HRDL: over 33*39" 100/110m hrdls at standard spacing. Speed Cool Down</p>
<p>May 9</p> <p>Active rest. •Stretch.</p>	<p>10 Frosh Soph: Extensive Tempo</p> <p>Fitness Warm Up 7x100m at @ 1600m pace walk back 50m recovery Fitness Cool Down Varsity: Speed Speed Warm Up 4 x 100m handoffs & Event work Speed Cool Down</p>	<p>11 RACE: DFAL FS Finals</p> <p>or Varsity: Extensive Tempo Fitness Warm Up 7x100m @ 1600m pace walk back 50 recovery Fitness Cool Down</p>	<p>12 RACE: DFAL VAR Trials</p>	<p>13 Extensive Tempo</p> <p>Fitness Warm Up 7x100m @ 1600m pace walk back 50 recovery Fitness Cool Down</p>	<p>14 RACE: DFAL VAR Finals</p>	<p>15 POOL WORKOUT!</p>

2010 SPRING SEASON SP SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 16 *REST DAY. NO RUN. *Stretch.	17 Speed Speed Warm Up 4 x 100m handoffs & Event work Speed Cool Down	18 Active Rest TBA	19 Intensive Tempo Tempo Warm Up 2x(3x200m) @ 80, 85, 90% with 3 min. recovery btwn segments, 10 min. recovery btwn sets. 1 second step down each segment within set. Tempo Cool Down	20 Extensive Tempo Fitness Warm Up HRDL: Technique. 4x100m, 200m at @ 1600m pace walk across recovery Fitness Cool Down	21 Warm-up Discuss meet Cool down	22 RACE: NCS Finals
May 23 Active rest. *Stretch.	24 Speed Speed Warm Up 4 x 100m handoffs & Event work Speed Cool Down	25 Active Rest TBA	26 Extensive Tempo Fitness Warm Up HRDL: Technique. 7x100m @ 1600m pace walk back 50m recovery Fitness Cool Down	27 Warm-up Discuss meet Cool down	28 RACE: MOC Trials	29 Race: MOC Finals
May 30 Active rest. *Stretch.	31 NO SCHOOL Speed Speed Warm Up Event specific work Speed Cool Down	JUNE 1 Active Rest TBA	2 Extensive Tempo Fitness Warm Up HRDL: Technique. 7x100m @ 1600m pace walk back 50m recovery Fitness Cool Down	3 Warm-up Discuss meet Cool down	4 RACE: CIF Trials	65 RACE: CIF Finals

NOTE WORKOUT EXPLANATIONS BELOW:

Extensive tempo Improves aerobic and anaerobic capacity. Improves VO2 max. Improves overall work capacity and fitness. Helps speed recovery after high intensity bouts and races. It's endurance work for sprinters broken down into small segments. Pace is about equal to mile race pace assuming the athlete trained for the mile. Example: A 60 second 400m sprinter should be equivalent to a 5:20 miler. This equates to an 80 second 400 and a 20 second 100. Overall volume for workout begins at 1000m and can progress through season to a max of 3800m for prepared veterans. Also used as an easy day/recovery day before meets.

Intensive tempo Improves lactate capacity. Think of it as a tempo run for sprinters, but instead of increasing the pace at which one can run at lactate threshold, this workout improves the distance you can run before lactate will shut you down. The resulting benefit is delaying the point at which you hit the wall in a 400. Most athletes should feel as though they are on the verge of muscle shutdown near the end of the last rep. If they actually do cramp up then they have run too fast. It's like filling up a cup with lactic acid but stopping before it spills over. After each rep the level goes down and then you raise it up again. The trick is to not spill over. Over time the cup gets bigger. Early season pace is probably slightly faster than date pace 800. Pace progresses over the season to date pace (or 1 second slower) of the last 200 of a 400. Example a 60 second 400m sprinter will run 31 to 32 seconds for last 200.

Max Velocity Focus on utilizing Creatine Phosphate system. This is a maximum power output workout. Alactic-no lactic acid accumulation. If rest is too short then Creatine Phosphate does not resynthesize and the body then uses glycolysis and lactic acid slowly develops. Focus is on mechanics and relaxed running. The fly start is to get the athlete up to speed. Do not worry about acceleration mechanics. It is all about execution at full velocity. Short ground contact time. Get leg moving forward as soon as possible. Maintain pelvic stability. 20-40m zone.

Short Speed Endurance Similar to Max Velocity but the rest is cut in half. The resulting stress elicits an adaptation in the Creatine Phosphate system that increases its capacity. You get more free energy. Due to reliance on glycolysis (the creatine phosphate system cannot keep up), after 3-4 sets lactic acid should be flooding the system.

Speed Endurance Stresses anaerobic power and capacity. Improves ability to derive energy from glycolysis. This workout is a key building block for 100m to 400m. Rest is necessary to allow the small lactate levels to return to resting levels. Run as fast as possible as far as possible without a break down in mechanics. 80m progressing to 120-150m

Special Endurance I Continuation of speed endurance. This gets its own name because the length of run diminishes the early influence of the Creatine Phosphate system and places great reliance on glycolysis. The longer distance results in more lactic acid accumulation. Therefore greater rest times are needed. Again, the key is to run as fast as possible for as long as possible without falling apart. 150m progressing to 250-300m.

Special Endurance II Lactate tolerance workout. The rep is long enough that the athlete deals with large amounts of lactic acid near the end of the run. Run just far enough to have the athlete deal with the lactic acid. No running "ugly". Focus on shortening stride and increasing turnover at onset of excess lactic acid accumulation.