

COUGAR TRACK & FIELD

2014 endurance WINTER CONDITIONING

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP

Used for competition & high or medium intensity training sessions

• 600m BAREFOOT run on turf

10 x Forward Trail Leg on fence
10 x Backward Trail Leg on fence

• 600m BAREFOOT run on turf

2 x 20m walking pillar dip
2 x 20m walking knee to chest
2 x 20m walking linear leg swing

• 600m BAREFOOT run on turf

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 600m BAREFOOT run on turf

4 x 50m ladder accelerate (on the hash-marks)

PERFORMANCE COOL-DWN

10 x Dbl Leg Jump Up
10 x Forward Step Up/Knee Drive

• 600m BAREFOOT run on turf

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

• 600m BAREFOOT run on turf

Stretch circuit

FITNESS WARM-UP

Used for medium or easy (recovery) intensity training sessions

• 800m easy run

A: CIRCUIT

9 x 50m jog / strength circuit:

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

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-360 jog x 2
-crossover forward jog x 1
-wide step forward jog x 1

B: CIRCUIT

9 x 50m jog / strength circuit:

-hip/trunk rotations, on back, shldr flat
-pistons, "h" position to full extension
-side clams (legs)
-crunches
-hands & knees bird dogs
-thrusters
-chest lifts
-lateral leg lifts (inverted/neutral/out)
-standing "h"

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-lateral skip x 2
-lateral saddle swings x 2

FITNESS COOL-DOWN

2 x 20-30m barefoot drills:

-crazy feet (toes up/out, toes up/in, heels up/out, heels up/in)

6 minute plank drill:

-continues rotation: front plank/side plank/back plank/pushups

Stretch circuit

TRACK STRENGTH CIRCUIT

Use equipment in track shed.

2-3 circuits, 8 reps. MAX weight!:

1. -8 x push up row (dumbbells or kettle bells)
2. -2 x 10m lunge walk w/ weight (dumbbells)
3. -20 x side pulls
4. -8 x kettle bell swing to row
5. -8 x single arm bent fly (dumbbell on bench)
6. -12 x hip matrix (resistance band)
7. -60 second running arms (dumbbells)
8. -12 x single leg squat taps (on 6" box)
9. -8 x front & side arm raises (dumbbells)

WEIGHT ROOM CIRCUIT

Use weight room from 4:30-5:00pm.

2-3 circuits, 8 reps. MAX weight!:

1. -8 x back extensions
2. -8 x arm curls
3. -8 x seated rows
4. -8 x lat pulls
5. -8 x military press
6. -8 x triceps pushdowns
7. -8 x upright rows
8. -8 x bench press
9. -8 x full squat

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)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
DECEMBER 1 LSD 30-40min	2 30 min. RECOVERY RUN.	3 20-30 min. RECOVERY RUN. 6 Minute Abdominals	4 Play ULTIMATE on grass.	5 30 min. RECOVERY RUN. 6 Minute Abdominals	6 30-40 min. RECOVERY RUN.	7 OFF Pool/Bike Cross Train
DECEMBER 8 Fitness warm up B LSD 40-60min Fitness cool down	9 40 min. HILL run on Rim Trail. 2 x Track Strength circuit.	10 Fitness warm up A 25-35 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	11 Fitness warm up B LSD 45-55 min. Fitness cool down	12 30 min. RECOVERY RUN. 6 Minute Abdominals 2 x Track Strength circuit.	13 Fitness warm up A 30 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	14 OFF Pool/Bike Cross Train
DECEMBER 15 Fitness warm up B LSD 45-65min Fitness cool down	16 40 min. RECOVERY RUN. 4 x UPHILL STRIDES 2 x Track Strength circuit.	17 Fitness warm up A 25-35 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	18 Fitness warm up B LSD 50-60 min. Fitness cool down	19 40 min. random FARTLEK RUN. 6 Minute Abdominals 2 x Track Strength circuit.	20 Fitness warm up A 25-40 min. RECOVERY RUN. 4 x 100m STRIDES 2 x Weight Room circuit (4:30-5:00pm)	21 OFF Pool/Bike Cross Train
DECEMBER 22 Fitness warm up B LSD 50-70min Fitness cool down	23 60 min. HILL run on Rim Trail. 2 x Track Strength circuit.	24 Fitness warm up A 30-40 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	25 Fitness warm up B LSD 55-65 min. Fitness cool down	26 Performance warm up EASY 15 min. TRACK: 3 x 800m @ 20k pace, 3 x 800m @ 10k pace w/ 400m run btwn each. EASY 10 min. run Performance cool down 2 x Track Strength circuit.	27 Fitness warm up A 30-45 min. RECOVERY RUN. 4 x 100m STRIDES 2 x Weight Room circuit (4:30-5:00pm)	28 ALUMNI ULTIMATE DEATH MATCH!
DECEMBER 29 Fitness warm up B LSD 60-75min Fitness cool down	30 Performance warm up EASY 45 min. 4 x UPHILL STRIDES 2 x Track Strength circuit.	31 Fitness warm up A 30-40 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	JANUARY 1 Fitness warm up B LSD 60-70 min. Fitness cool down	2 Performance warm up 50 min. random FARTLEK RUN. Performance cool down 2 x Track Strength circuit.	3 Fitness warm up A 30-45 min. RECOVERY RUN. 4 x 100m STRIDES 2 x Weight Room circuit (4:30-5:00pm)	4 30 min. RECOVERY RUN.
JANUARY 5 Fitness warm up B LSD 45-80min Fitness cool down	6 Performance warm up EASY 15 min. 3-4 x Rim Trail HILL sets EASY 15 min. Performance cool down 2 x Track Strength circuit.	7 Fitness warm up A 35 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	8 Fitness warm up B LSD 50-70 min. Fitness cool down	9 Performance warm up EASY 20 min. TRACK: 4 x 800m @ 20k pace, 800m @ 10k pace w/ 400m run btwn each. EASY 10 min. run Performance cool down 2 x Track Strength circuit.	10 Fitness warm up A 40 min. RECOVERY RUN. 3 x 150m @ 3200m pace 2 x Weight Room circuit (4:30-5:00pm)	11 OFF Pool/Bike Cross Train
JANUARY 12 Fitness warm up B LSD 55-85min Fitness cool down	13 Performance warm up EASY 40 min. 4 x UPHILL STRIDES. Performance cool down 2 x Track Strength circuit.	14 Fitness warm up A 35 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	15 Fitness warm up B LSD 55-75 min. 3 x 150m @ 1600m pace Fitness cool down	16 Performance warm up EASY 20 min. GRASS: 2 x 1-2-3min. FARTLEK RUN EASY 15 min. Performance cool down 2 x Track Strength circuit.	17 Fitness warm up A 40 min. RECOVERY RUN. 4 x 100m STRIDES 2 x Weight Room circuit (4:30-5:00pm)	18 30 min. RECOVERY RUN.
JANUARY 19 Fitness warm up B LSD 60-90min Fitness cool down	20 Performance warm up EASY 20 min. 4-5 x Rim Trail HILL sets EASY 15 min. Performance cool down 2 x Track Strength circuit.	21 Fitness warm up A 40 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	22 Fitness warm up B LSD 60-75 min. Fitness cool down	23 Performance warm up EASY 20 min. TRACK: 2 x 1200m @ 20k pace, 800m @ 10k pace w/ 400m run btwn each EASY 10 min. Performance cool down 2 x Track Strength circuit.	24 Fitness warm up A EASY 40 min. 4 x 150m @ 3200m pace 2 x Weight Room circuit (4:30-5:00pm)	25 OFF Pool/Bike Cross Train
JANUARY 26 Fitness warm up B LSD 65-90min Fitness cool down	27 Performance warm up EASY 40 min. 6 x UPHILL STRIDES. Performance cool down 2 x Track Strength circuit.	28 Fitness warm up A 45 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	29 Fitness warm up B LSD 65-75 min. 3 x 150m @ 1600m pace Fitness cool down	30 Performance warm up EASY 20 min. GRASS: 2 x 1-2-3min. FARTLEK EASY 15 min. Performance cool down 2 x Track Strength circuit.	31 Fitness warm up A 40 min. RECOVERY RUN. 6 x 100m STRIDES 2 x Weight Room circuit (4:30-5:00pm)	FEBRUARY 1 30 min. RECOVERY RUN.
FEBRUARY 2 Fitness warm up B LSD 65-90min Fitness cool down	3 Performance warm up EASY 20 min. 4-5 x Rim Trail HILL sets EASY 15 min. Performance cool down 2 x Track Strength circuit.	4 Fitness warm up A 45 min. RECOVERY RUN. 2 x Weight Room circuit (4:30-5:00pm)	5 Fitness warm up B LSD 65-75 min. Fitness cool down	6 Performance warm up EASY 20 min. TRACK: 2 x 1200m @ 20k pace, 800m @ 10k pace w/ 400m run btwn each EASY 10 min. Performance cool down 2 x Track Strength circuit.	7 Fitness warm up A 40 min. RECOVERY RUN. 4 x 150m @ 3200m pace 2 x Weight Room circuit (4:30-5:00pm)	8 OFF Pool/Bike Cross Train