# COUGAR TRACK & FIELD

# 2016 speed 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 hashmarks)

#### 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) intensitv 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)

-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, shldrs flat

-pistons, "h" position to full extension

-side clams (legs)

-crunches

-hands & knees bird dogs

-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

Ise 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)

-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)

## 2015-2016

### COUGAR TRACK & FIELD **SPEED** WINTER CONDITIONING SCHEDULE

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
DECEMBER 13	14 Performance Warm up. Run 1600m inslouts min. 2 x 250m @ 400m pace w/5 mm. was 550m recovery after each 2 x 200m @ 1600m pace w/3 seclestanding rest after each 4 x 40m @ 550m mac effort, w/30 seclestanding rest after each 4 x 160m Langer Spr. mac effort, w/30 seclestands was the seclestand w/30 seclestands w/30 seclesta	15 -Finess warm-up A -Run 1600m inslouts min5-7 x 200m @ 600m pace w/ 3 min. standing rest after each HILL REPETITIONS: 3-4 x 150m @ 805 max effort, w/ EASY jog back to start blwn each, -Run EASY 5 minGSM RoutineFiness cool downWeight circuit.	16 Performance Warm up. Run 1600m insfouts min1-2 x 600m @ 800m pace w/ 12 min. walk 800m recovery after each: 2 x 250m @ 1600m pace w/ 1 min. walk across recovery after each: 2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each: 4 x stadium Lunges Hun EASY 5 minPerformance cool down.	17 -Finess warm-up B -Run 1600m inslouts minI x 300m gz 200m pace w 12 mm, walt. 550m recovery after each -2-2 x 200m g 400m pace w 5 min. walk 600m recovery after eachRun EASY 5 minGSM RoutineWeight circuit.	18 -Finess warm-up A -Run EASY 5 min12-10 x 100m @ 1600m pace every 60 sec. on surf -Run EASY 5 minAgilty CircuitFiness cool downStretch.	19 -Run EASY 10 min4 x 150m @ 800m pace on field w/ equal distance jog btwn eachRun EASY 5 min.
DECEMBER 20	21  -Performance Warm upRun 1600m inslouts min22.x x250m g. 400m pace w/ 5 min. wals 550m recovery after each2 x200m g. 1600m pace w/ 30 sec. slanding rest after each2 x200m g. 1600m pace w/ 30 sec. slanding rest after each2 x200m g. 1600m pace w/ 30 sec2 x30m pac	22 -Fitness warm-up ARun 160m inslouts min6-14 x 20m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3Run EASY 5 minGSM RoutineFitness cool downWeight circuit.	23  -Performance Warm upRun 1600m inslouts min12 x 500m g 800m pace w/ 12 min. walk 700m recovery after each2 x 200m g 800m pace w/ 30 sec. standing rest after each4 x 40m g 505 mar elion, r/ 30 sec. was tack to start burn each 4 x stadium Lunges -Run EASY 5 minPerformance cool down.	24  -Filness warm-up BRun 1600n inslouts min13 300m gd 200m pace w 12 mm, wall 550m recovery after each; -2-3 x 200m gd 400m pace w 15 min. walk 600m recovery after each; -Run EASY 5 minGSM RoutneWeight circuit.	25 -Fitness warm-up A. Run EASY 25 minAglily CircutFitness cool downStretch.	26 ULTIMATE DEATH MATCH!
DECEMBER 27	28 -Performance Warm upRun 1600m inslouts min. 550m recovery after each 550m recovery after each 2 x 250m g 2400m pace w/5 min. walk 550m recovery after each 2 x 200m g 1600m pace w/30 sec slanding rest after each 4 x 40m g 550m max effort, w/30 sec self, back in start blan each 4 x stadium Lunges 4 x stadium Lunges -Run EASY 5 minPerformance cool down.	29  -Fitness warm-up ARun 1600m instouts min5-7 x 200m @ 600m pace w/ 3 min. standing rest after each	30 -Performance Warm upRun 1600m inslouts min2 x 600m g 800m pace w/ 12 min. walk 800m recovery after each3 x 250m g 1600m pace w/ 1 min. walk across recovery after each2 x 300m g 800m pace w/ 5 min. walk 400m recovery after each4 x stadium Lunges -Run EASY 5 minPerformance cool down.	31  -Filness warm-up BRun 1600m inslouts min11.330m g 200m pace w 12 mm, wall 550m recovery after each; -3-1 x 200m g 400m pace w 15 min. walk 600m recovery after each; -Run EASY 5 minGSM RoutineWeight circuit.	JANUARY 1  -Fitness warm-up A.  -Run EASY 5 min14-20 x 120m turf diagonal @ 1600m pace w/ walk across end zone recovery bbun each.  -Run EASY 5 minAglity CircuitFitness cool dwnStretch.	2 -Run EASY 10 min4 x 150m @ 900m pace on field w/ equal distance jog btwn eachRun EASY 5 min.
JANUARY 3	4 Performance Warm upRun 1600m inslouts min. 2 x 300m 2400m pace w 5 min. well 500m recovery after each 500m recovery after each 2 x 180m (8 900m pace w 30 sec. standing rest after each 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec. 3 x 45m (8 50m pac fort, w 40 sec.) 3 x 45m (8 50m pac fort, w 40	5 -Fitness warm-up ARun 1600m inslouts min10-16 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3Run EASY 5 minGSM RoutineFitness zood downWeight circuit.	6 Performance Warm upRun 1600m inslouts min. 2 x 500m g 800m pace w/ 12 min. walk 700m recovery after each. 2 x 200m g 800m pace w/ 30 sec, standing rest after each. 3 x 40m g 55th mac front w/ 00 sec, ust sould be start blum each 4 x stadium Lunges Hun EASY 5 minPerformance cool down.	7 -Fitness warm-up BRun 1600m inslouts min. 11.330m gr 200m pace w 12 mm, walf 550m recovery after each 3-1 x 200m gr 400m pace w 15 min. walk 600m recovery after each, Run EASY 5 minGSM RoutineWeight circuit.	8 -Fitness warm-up ARun EASY 25 minAglily CircutFitness cool downStretch.	9 -Run EASY 10 min3 x 200m @ 200m pape w/ 3 min. walk 200m recovery after eachRun EASY 5 min.
JANUARY 10	-Performance Warm upRun 1600m inslouts min. (2-x x 300m g. 400m pace w/ 5 min. wals 500m recovery after each2 x 1800m g. 800m pace w/ 30 sec. standing rest after each2 x 400m g. 95% max effort, vr30 sec. wals back to start bun each4 x stadium Lunges -4 x stadium Lunges -4 x Isadium Lunges	12 -Fitness warm-up ARun 1600m inslouts min6-6 x 200m @ 600m pace w/ 3 min. standing rest after eachHILL REPETITIONS. 4-8 x 150m @ -80% max effort, w/ EASY jog back to start blwn eachRun EASY 5 minGSM RoutineFitness cool downWeight circuit.	13  -Performance Warm upRun 1600m inslouts min! -2 x 600m @ 800m pace w/ 12 min. walk 800m recovery after each, -3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each, -2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each, -4 x stadium Lunges	14 -Fitness warm-up BRun 1600m ins/outs min1 x 350m g 300m pace w 12 min. wall 550m recovery after each4 x 200m g 300m pace w 5 min. walk 600m recovery after eachRun EASY 5 min65M RoutineWeight circuit.	15 -Fitness warm-up ARun EASY 5 min2 x 7-9 x 150m @ 1600 pace w/ 50m waking recovery bhm reps. 4 min. 400m waking recovery bhm seis -Run EASY 5 minAginy CircuitFitness cool downStretch.	16 -Run EASY 10 min4 x 150m @ 800m pace on field w/ equal distance jog btwn each, -Run EASY 5 min.
JANUARY 17	18 Performance Warm upRun 1600m inslouts min. 500 m secures after each. 22 x 130m @ 800m pace w/ 5 min. wall 500m secures after each. 42 x 40m @ 800m pace w/ 30 sec. standing rest after each. 42 x 40m @ 95% max eftort. w/30 sed. 4x stadium Lunges 4x stadium Lunges 4x stadium Lunges -Run EASY 5 minPerformance cool down.	19 -Filness warm-up ARun 1600m inslouts min12-18 x 200m @ 800m pace w/ double time standing recovery after each — run as continuous reley in teams of 3Run EASY 5 minGSM RoutineFilness cool downWeight circuit.	20 Performance Warm up. Run 1600m inslouts min! 24 x 500m @ 800m pace w/ 12 min. walk 700m recovery after each. 24 x 900m @ 800m pace w/ 30 sec. standing rest after each. 44 x 40m @ 95% max eftort. w/ 30 sec. welk back to start bim each 4x stadium Lunges Hxun EASY 5 mini. Performance cool down.	21 -Fitness warm-up BRun 1600m ins/outs min1 x 350m g 400m pace w 12 mm, wall 550m recovery after each -4 x 200m g 400m pace w/5 min, walk 600m recovery after each -Run EASY 5 minGSM RoutineWeight circuit.	22 -Filness warm-up ARun EASY 25 minAglity CircuitFilness cool downStretch.	23 -Run EASY 10 min3 x 200m @ 900m pace w/ 3 min. walk 200m recovery after eachRun EASY 5 min.
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JANUARY 31	FEBRUARY 1  -Performance Warm upRun 1600m inslouts min 5 x 300m g 400m pace w/5 min, wal 500m recovery after each 2 x 200m g 800m pace w/3 y sec, standing rest after each, 3 x 50m g 50cm pace w/3 y sec, standing rest after each, 4 x 160m un unges 5 x 160m un unges 6 x 160m un unges 6 x 160m un	2 -Filmess warm-up ARun 1600m inslouts min -12-18 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3Run EASY 5 minGSM RoutineFilmess cool downWeight circuit.	3 -Performance Warm upRun 1600m inslouts min! -2x 500m g 800m pace w/ 12 min. walk 700m recovery after each2x 200m g 800m pace w/ 30 sec, standing rest after each4x 1800m sec, sec, sec, sec, sec, sec, sec, sec,	4 -Fitness warm-up BRun 1600m ins/outs min1 x 350m g 400m pace w 12 mm, wall 550m recovery after each4 x 200m g 400m pace w 5 min, walk 600m recovery after eachGSM RoutineWeight circuit.	5 -Filness warm-up ARun EASY 25 minAglity CruutFilness cool downStretch.	6 -Run EASY 10 min3 x 200m @ 000m pace w/ 3 min. walk 200m recovery after eachRun EASY 5 min.