

# COUGAR TRACK & FIELD

## 2017 SPRING SEASON NOVICE 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 BAREFOOT run (2 x track lap)

- 1 x 10 forward hurdles on fence
- 1 x 10 backward hurdles on fence
- 10 x side-to-side leg swings on fence
- 10 x front-to-back leg swings on fence

600m BAREFOOT run (2 x turf lap)

- 2 x 20m forward skips w/ arm swing w/ acceleration
- 2 x 20m lateral shuffle w/ arm swing w/ acceleration
- 2 x 20m lateral crossovers w/ acceleration
- 2 x 20m forward "h" skips w/ acceleration
- 2 x 10m forward straight leg scissor w/ acceleration

600m BAREFOOT run (2 x turf lap)

- 2 x fwd lead-leg skip over hurdle
- 2 x fwd trail-leg skip over hurdle
- 2 x lateral knee lift skip over hurdle

#### SPEED COOL DOWN (wks 1-5) PHASE 1

900m run on turf (3 x turf lap)

- 2 x 10m hop-steps
- 2 x 10 x Forward dbl leg jump ups
- 2 x 10m Fwd/Bkwd lunge w/ twist
- 10 x Push ups

300m run on turf (1 x turf lap)

- 2 x 10m forward bounds
- 2 x 10m Lateral squat walk
- 10 x Triceps dips on bench
- 10 x Single-leg lateral step-ups

#### CORE CIRCUIT

- 60 sec. leg lifts
- 60 sec. chest lifts
- 60 sec. fingertip-to-wrist situps
- 60 sec. bird dogs
- 60 sec. elbow-to-knee diagonal crunch

#### STRETCH CIRCUIT

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

800m BAREFOOT run (2 x track lap)

#### BAREFOOT CIRCUIT

- 20m inchworms
- 20m walking pillar dips
- 20m walking leg swings
- 60 sec. hip/trunk rotations
- 60 sec. inverted splits
- 60 sec. inverted scissors
- 60 sec. chest eagles
- 60 sec. back eagles
- 20m backward lunge walk

Jog Variation Between Each:

- 360 jog x 2
- lateral shuffle x 2
- lateral crossover x 2
- lateral saddle swing x 2

4 x 60m BAREFOOT accelerations on turf @ 70, 75, 80, 85%

- 2 x 10 lateral hurdle walkover knee lift
- 2 x 10 lateral hurdle walkover straight leg

#### TEMPO COOL DOWN (wks 1-5) PHASE 1

900m BAREFOOT run (3 x turf lap)

#### BAREFOOT CIRCUIT ON TURF

- 20m walk toes up & out
- 20m walk toes up & in
- 20m walk heels up & out
- 20m walk heels up & in

#### CORE CIRCUIT

- 3 x 30 sec. plank matrix
- 60 sec. scoops
- 60 sec. chest crawl
- 60 sec. low reach crunch
- 60 sec. pistons
- 60 sec. opposite arm/leg
- 60 sec. side crunches

#### GSM CIRCUIT

#### STRETCH CIRCUIT

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

800m BAREFOOT run (2 x track lap)

- 2 x 10 lateral hurdle walking knee lift
- 2 x 10 lateral hurdle walking straight leg
- 2 x 10m frwd lunge walk

900m BAREFOOT run (3 x turf lap)

#### FITNESS COOL DOWN (wks 1-5) PHASE 1

900m BAREFOOT run (3 x turf lap)

Ladder drills (2-4)

#### BAREFOOT CIRCUIT ON TURF

- 10m ground grabbers
- 20m heel to toe calf raise walk

300m BAREFOOT run (1 x turf lap)

- 10 x Prisoner squats
- 3 x Stadium forward step up
- 20 x Mountain climber
- 10 x Bowler squats

#### STRETCH CIRCUIT

#### LADDER DRILLS

1. Forward dbl leg "hop scotch"
2. Forward dbl leg "slalom"
3. Forward dbl leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

#### MORNING FITNESS ROUTINE (wks 1-5) PHASE 1

60-90 sec per set. 30m run btwn each.

#### A: BAREFOOT CIRCUIT

##### SWISS BALL:

1. *Supine* inner thigh drop push
2. *Prone* stink bugs
3. *Lateral* oblique crunch (feet on wall)
4. *Supine* heels on ball dbl leg hamstring curls
5. *Supine* leg lift twists
6. *Prone* back extension w/ ball under hips, arms under chin (feet on wall)
7. *Supine* hands to ankles ball pass
8. *Prone* hips on ball *sngl* leg lifts
9. *Lateral* side split leg raises

##### MEDICINE BALL:

1. Good mornings ball btwn shldrs
2. Standing straight-arm circles
3. Sit up diagonal wood chops
4. Kettle bell swings
5. Standing straight-arm rainbow
6. Inchworm roll out/back
7. Standing straight-arm twists
8. Pillar *sngl* leg, forward dip
9. Standing front slams

#### B: BAREFOOT CIRCUIT

##### SWISS BALL:

1. Straight arm rollout from knees
2. *Supine* inner thigh drop push
3. *Prone* hands on floor, feet on ball, lateral walk, lateral leg
4. *Lateral* oblique crunch twist (feet on wall)
5. *Supine* heels on ball dbl leg hip thrust
6. Rotisserie Chicken *sngl* heel on ball, hips up, rotate
7. *Prone* hips on ball back extension arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass
9. *Lateral* elbow stand (feet on bench, forearm on floor) knee drives

##### MEDICINE BALL:

1. Around the world, full circles from hip straight arms ball overhead
2. Diagonal squat hay bales
3. Standing knee lift straight arm twist
4. Sit up ball on chest
5. Inchworm *bounce* out/back
6. *Lateral* straight-arm overhead hand to hand toss
7. Squat straight arm front hold
8. Pillar *sngl* leg clock bounce
9. Chest lifts arms lateral over ball

#### G-S-M CIRCUIT

1. 10 x Sway-back/Cat-back
2. 10 x Hand/knees, torso twist elbow up
3. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
4. 10 x Lateral **adductor** leg raises (inverted/neutral/out)
5. 5 x Scorpion
6. 5 x Donkey whip
7. 5 x Fire hydrant
8. 10 x Groiners
9. 10 x Standing straight leg lift matrix
10. 10 x *Sngl* leg squat
11. 10 x Dbl leg bridge thrust

# COUGAR TRACK & FIELD

## 2017 SPRING SEASON NOVICE 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 BAREFOOT run (2 x track lap)

- 1 x 10 forward hurdle walkovers
- 1 x 10 backward hurdle walkovers
- 2 x 10 over/under hurdles
- 10 x side to side leg swings on fence
- 10 x front to back leg swings on fence

600m BAREFOOT run (2 x turf lap)

- 2 x 20m forward skips w/ arm swing w/ acceleration
- 2 x 20m lateral shuffle w/ arm swing w/ acceleration
- 2 x 20m lateral crossovers w/ acceleration
- 2 x 20m forward B skips w/ acceleration
- 2 x 20m forward straight leg scissor w/ acceleration

600m BAREFOOT run (2 x turf lap)

- 2 x fwd lead-leg skip over hurdles
- 2 x fwd trail-leg skip over hurdles
- 2 x lateral straight-leg skip over hurdles

#### SPEED COOL DOWN (wks 6-10) PHASE 2

600m run (2 x turf lap)

- 2 x 20m hop-steps
- 2 x 10 x 'Chaplin' hops under hurdles
- 2 x 10m Fwd lunge/forearm dip
- 10 x Spider push ups

300m (1 x turf lap)

- 2 x 20m forward bounds
- 10 x Burpees
- 15-20 x Triceps dips on bench
- 10 x Lateral step ups

300m BAREFOOT run (1x turf lap)

#### CORE CIRCUIT

- 60 sec. full sit ups w/ hands behind head
- 60 sec. leg lifts w/ flutter & scissor
- 60 sec. chest lifts w/ arms in front
- 60 sec. Russian twists
- 60 sec. push up position bird dogs

#### STRETCH CIRCUIT

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

800m BAREFOOT run (2 x track lap)

#### BAREFOOT CIRCUIT

- 20m inchworms
- 20m walking pillar dips
- 20m walking leg swings
- 60 sec. hip/trunk rotations
- 60 sec. inverted splits
- 60 sec. inverted scissors
- 60 sec. chest eagles
- 60 sec. back eagles
- 20m backward lunge walk

Jog Variation Between Each:

- 360 jog x 2
- lateral shuffle x 2
- lateral crossover x 2
- lateral saddle swing x 2

4 x BAREFOOT lateral in place quick steps, 60m accelerations @ 70, 75, 80, 85% max.

- 2 x 10 lateral hurdle walkover
- 2 x 10 bkwd hurdle walkover

#### TEMPO COOL DOWN (wks 6-10) PHASE 2

900m BAREFOOT run (3 x turf lap)

#### BAREFOOT CIRCUIT ON TURF

- 60 sec. heel raises
- 60 sec. toe taps

#### CORE CIRCUIT

- 3 x 40 sec. plank matrix
- 60 sec. straight leg scoops
- 60 sec. chest crawl
- 60 sec. oscillating heel reach
- 60 sec. elbow-to-knee bicycles
- 60 sec. opposite arm/leg w/ lateral movement
- 60 sec. suitcases

#### GSM CIRCUIT

#### STRETCH CIRCUIT

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

800m BAREFOOT run (2 x track lap)

- 2 x 10 lateral hurdle walkover
- 2 x 10 bkwd hurdle walkover
- 2 x Lunge Matrix

900m BAREFOOT run (3 x turf lap)

#### FITNESS COOL DOWN (wks 6-10) PHASE 2

900m BAREFOOT run (3 x turf lap)

Ladder drills (2-4)

#### BAREFOOT CIRCUIT ON TURF

- 10m ground grabbers
- 20m heel to toe calf raise walk

300m BAREFOOT run (1 x turf lap)

- 10 x Wave squats
- 10 x Partner Pélé matrix
- 10 x Mountain climber matrix
- 2 x 10 Speed skater squats

#### STRETCH CIRCUIT

#### LADDER DRILLS

1. Forward dbl leg "hop scotch"
2. Forward dbl leg "slalom"
3. Forward dbl leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

#### MORNING FITNESS ROUTINE (wks 6-10) PHASE 2

60-90 sec per set. 30m run btwn each.

#### A: BAREFOOT CIRCUIT

##### SWISS BALL:

1. *Supine* inner thigh drop push
2. *Pone* stink bug to pike
3. *Lateral* oblique crunch (feet on wall)
4. *Supine* sngl leg hamstring curls
5. *Supine* leg lift twists
6. *Prone* back extension w/ ball under hips, arms under chin (feet on wall)
7. *Supine* hands to ankles ball pass
8. All Four on ball -Balance!
9. Rotisserie Chicken *supine* sngl heel on ball, hips up, rotate

##### MEDICINE BALL:

1. Good mornings ball overhead
2. Standing straight-arm circles
3. Sit up diagonal wood chops
4. Kettle bell swings to jump
5. *Lateral* straight-arm hand to hand toss
6. Inchworm roll out/back
7. Standing straight-arm twists
8. Pillar sngl leg forward dip "h" position dbi arm overhead press
9. Standing side to slide slams

#### B: BAREFOOT CIRCUIT

##### SWISS BALL:

1. T-Ball knees/shins on ball, torso twist
2. *Supine* inner thigh drop push
3. *Prone* stink bugs alternate sngl leg lateral scissor
4. *Lateral* oblique crunch twist
5. *Supine* heel on ball sngl leg hip thrust
6. *Supine* trunk rotation ball btwn ankles
7. *Prone* hips on ball back extension arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass
9. *Prone* Russian twist, feet on ball, hands on bench, push leg through

##### MEDICINE BALL:

1. Around the world, full circles from hip ball out, straight arms
2. Diagonal sngl leg squat reach to toe hay bales
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight arms ball to toe
5. Squat press jump
6. Inchworm bounce out/back
7. *Lateral* standing straight-arm rainbow
8. Pillar sngl leg clock bounce
9. Bird dog plank, hands on ball

#### G-S-M ROUTINE

1. 10 x Sway-back/Cat-back
2. 10 x Hand/knees, torso twist elbow up
3. 10 x Lateral **abductor** leg raises
4. 10 x Lateral **adductor** leg raises
5. 5 x Scorpion
6. 5 x Donkey whip
7. 5 x Fire hydrant
8. 10 x Groiners
9. 10 x Standing straight leg lift matrix
10. 10 x Sngl leg squat twist (rear foot on bench)
11. 10 x Sngl leg bridge thrust

# COUGAR TRACK & FIELD

## 2017 SPRING SEASON NOVICE SPEED SCHEDULE

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

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

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

##### 800m BAREFOOT run (2 x track lap)

- 1 x 10 fwd hrdl prisoner walkovers
- 1 x 10 fwd hrdl prisoner straight leg swing
- 2 x 10 lateral under hrdl hop-ups
- 10 x side-to-side leg swings on fence
- 10 x front-to-back leg swings on fence

##### 600m BAREFOOT run (2 x turf lap)

- 2 x 20m forward skips w/ arm swing w/ acceleration
- 2 x 20m lateral shuffle w/ arm swing w/ acceleration
- 2 x 20m lateral crossovers w/ acceleration
- 2 x 20m forward rotary run w/ acceleration
- 2 x 20m forward, third step quick step w/ acceleration

##### 600m BAREFOOT run (2 x turf lap)

- 2 x fwd lead-leg skip over hurdle
- 2 x fwd trail-leg skip over hurdle
- 2 x lateral skip over full hurdle

#### SPEED COOL DOWN (wks 11-15) PHASE 3

##### 600m run (2 x turf lap)

- 10 x Pop Up
- 10 x Forward Standing Double leg jumps
- 10 x inverted Push Ups

##### 300m run (1 x turf lap)

- 2 x 30m forward bounds
- 20 x Triceps Dips w/ leg lift
- 2 x 10 split lunge hops

##### 600m BAREFOOT run (3 x turf lap)

##### CORE CIRCUIT

- 90 sec. Pelé matrix (partner)
- 90 sec. sit up push back (partner)
- 60 second hyper (on table)

##### STRETCH CIRCUIT

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

##### 800m BAREFOOT run (2 x track lap)

##### BAREFOOT CIRCUIT

- 20m inchworms
- 20m walking pillar dips
- 20m walking leg swings
- 60 sec. hip/trunk rotations
- 60 sec. inverted splits
- 60 sec. inverted scissors
- 60 sec. chest eagles
- 60 sec. back eagles
- 20m backward lunge walk

Jog Variation Between Each:

- 360 jog x 2
- lateral shuffle x 2
- lateral crossover x 2
- lateral saddle swing x 2

##### 4 x BAREFOOT lateral in place quick steps, 60m accelerations @ 70, 75, 80, 85% max.

- 2 x 10 lateral hrdl prisoner walkover
- 2 x 10 backward hrdl prisoner walkover

#### TEMPO COOL DOWN (wks 11-15) PHASE 3

##### CORE CIRCUIT

- 3 x 60 sec. plank matrix
- 60 sec. V-ups
- 60 sec. chest lifts w/ lateral reach
- 60 sec. 3-ups
- 60 sec. push up bird dogs
- 60 sec. legs up alternate reach

##### GSM CIRCUIT

##### STRETCH CIRCUIT

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

##### 800m BAREFOOT run (2 x track lap)

- 2 x 10 lateral hrdl prisoner walkover
- 2 x 10 backward hrdl prisoner walkover
- 2 x Lunge Matrix

##### 900m BAREFOOT run (2 x turf lap)

#### FITNESS COOL DOWN (wks 11-15) PHASE 3

##### 900m BAREFOOT run (3 x turf lap)

Ladder drills (2-4)

##### BAREFOOT CIRCUIT IN SAND PIT

- toes up/out
- toes up/in
- heels up/out
- heels up/in

##### 300m BAREFOOT run (1 x turf lap)

- 10 x Partner full-body lift/lower
- 2 x 10m Lateral prowler crawl
- 10 x Burpees

##### STRETCH CIRCUIT

#### LADDER DRILLS

1. Forward dbl leg "hop scotch"
2. Forward dbl leg "slalom"
3. Forward dbl leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

#### MORNING FITNESS ROUTINE (wks 11-15) PHASE 3

60-90 seconds per activity. 30m Run between each.

##### A: BAREFOOT CIRCUIT

##### SWISS BALL:

1. *Supine* inner thigh drop push
2. *Prone* snl leg stink bugs
3. *Lateral* oblique crunch (feet on wall)
4. *Prone* back extension w/ ball under hips, arms in cross (feet on wall)
5. *Supine* hands to ankles ball pass
6. All Four on ball snl leg extension
7. *Lateral* side split leg raises

##### MEDICINE BALL:

1. Standing straight-arm circles
2. Sit up diagonal wood chops
3. Kettle bell swings to jump
4. Inchworm roll out/back
5. Standing straight-arm twists
6. Pillar snl leg forward dip to "h" position snl arm overhead press
7. Standing side to side slams

##### B: BAREFOOT CIRCUIT

##### SWISS BALL:

1. Straight arm rollout from knees
2. *Pone* stink bug to pike
3. *Supine* heels on ball snl leg hamstring curls / hip thrusts
4. *Lateral* oblique crunch twist (feet on wall)
5. *Supine* straight leg lift lateral movement
6. *Prone* hips on ball back extension alternating arm reach (feet on wall)
7. *Lateral* elbow stand (feet on bench, forearm on floor) knee drives

##### MEDICINE BALL:

1. Around the world, full circles from hip ball out straight arms
2. Standing knee lift straight arm twist
3. V up alternate straight leg straight arms ball to toe
4. Diagonal snl leg squat reach to toe drive to "h" hay bales
5. Inchworm bounce out/back
6. *Lateral* standing straight-arm rainbow
7. Pillar snl leg clock bounce

#### G-S-M ROUTINE

1. 10 x Sway-back/Cat-back
2. 10 Hand/knees torso twist, elbow up
3. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
4. 10 x Lateral **adductor** leg raises (inverted/neutral/out)
5. 5 x Scorpion
6. 5 x Donkey whip
7. 5 x Fire hydrant
8. 10 x Groiners
9. 10 x Standing straight leg lift matrix
10. 10 x Snl leg squat
11. 20 x Bridge thrust marching

# 2017 SPRING SEASON NOVICE SPEED SCHEDULE

Feb 5 Active rest. •Stretch.	6 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/out. •3 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each •2 x 200m @ 1600m pace w/ standing 30 sec. rest after each •3 x 40m @ 95% max effort, w/ walk back in 30 sec. after each •Speed Cool Down	7 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up Horizontal Jump Technique Work •Run 800m ins/out. •4-6 x 150m @ 800m pace w/ walk back in 8 min. after each •Run EASY 5 min. •4-5 x 80m to 100m STEEP HILL REPETITIONS (Calle La Messa) @ 80% max effort, w/ backward jog back to start after each •Run EASY 5 min. •Tempo Cool Down	8 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up Pole Vault Technique Work •Run 800m ins/out. •2 x 400m @ 800m pace w/ walk 400m in 8 min. recovery after each •3 x 200m @ 1600m pace w/ jog across turf in 1 min. recovery after each •2 x 200m @ 800m pace w/ walk 400m in 4 min. recovery after each •Speed Cool Down	9 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •14-16 x 100m @ 1600m pace every 60 sec. on turf •Run EASY 5 min. •Ladder Drills •Fitness Cool Down	10 <b>ALL TEAM: 9:00AM</b> •Speed Warm Up •Run 800m ins/out. min. •1 x 300m @ max effort (time trial) w/ walk 1000m in 12 min. recovery after each •2 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each •Speed Cool Down	11 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up Pole Vault Technique Work •Run EASY 5 min. •1 x (3-4 x 120m @ 800m pace) w/ walk 80m in 90 sec recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down High Jump Technique Work
Feb 12 Active rest. •Stretch.	13 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/out. •3 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each •2 x 200m @ 1600m pace w/ standing 30 sec. rest after each •3 x 40m @ 95% max effort, w/ walk back in 30 sec. after each •Speed Cool Down	14 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up Horizontal Jump Technique Work •Run 800m ins/out. •10-12 x 200m @ 800m pace w/ standing double time recovery after each – run as continuous relay in teams of 3 w/ open hand-off practice •Tempo Cool Down High Jump Technique Work	15 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up Pole Vault Technique Work •Run 800m ins/out. min. •2 x 400m @ 800m pace w/ walk 800m in 6 min. recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •3 x 40m INCLINE (track access ramp) @ 95% max effort, w/ walk back to start in 30 sec. after each •Speed Cool Down	16 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •6-7 x 400m @ 3200m pace w/ standing equal time rest btwn segments – run as relay in equal ability pairs w/ open hand w/ practice •Run EASY 5 min. •Ladder Drills •Fitness Cool Down  <b>ALL PARENTS: 5:30PM</b> Parent Meeting @ CHS MU	17 <b>ALL TEAM: 9:00AM</b> •Speed Warm Up •Run 800m ins/out. min. •1 x 300m @ max effort (time trial) w/ walk 1000m in 12 min. recovery after each •2 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each •Speed Cool Down	18 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up Pole Vault Technique Work •Run EASY 5 min. •1 x (3-4 x 150m LOW GRADE HILL REPETITIONS (Paseo Grande) @ 800m pace) w/ jog equal distance in 2 min. recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down High Jump Technique Work
Feb 19 Active rest. •Stretch.	20 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/out. •3 x 250m @ 400m pace w/ walk 550m in 5 min. recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •3 x 40m @ 95% max effort, w/ walk back in 30 sec. after each •Speed Cool Down	21 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up Horizontal Jump Technique Work •Run 800m ins/out. •12-8 x 150m @ 600m pace w/ standing 4 min. rest after each •Run EASY 5 min. •5-6 x 80m to 100m STEEP HILL REPETITIONS (Calle La Messa) @ 80% max effort, w/ backward jog back to start after each •Run EASY 5 min. •Tempo Cool Down High Jump Technique Work	22 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up Pole Vault Technique Work •Run 800m ins/out. •2 x 500m @ 800m pace w/ walk 700m in 8 min. recovery after each •3 x 200m @ 1600m pace w/ jog across turf in 1 min. recovery after each •2 x 200m @ 800m pace w/ walk 400m in 4 min. recovery after each •Speed Cool Down	23 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •2 x 7-8 x 150m @ 1600 pace w/ walking 30m recovery after each, walking 400m in 4 min. recovery btwn sets •Run EASY 10 min. •Ladder Drills •Fitness Cool Down High Jump Technique Work	24 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up <b>RACE: 300m, 1200m, LJ, SP Event Testing @ CHS</b> •Speed cool down.	25 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up Pole Vault Technique Work •Run EASY 5 min. •1 x (3-4 x 120m @ 800m pace) w/ walk 80m in 90 sec recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down High Jump Technique Work
Feb 26 Active rest. •Stretch.	27 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/out. •3 x 250m @ 400m pace w/ walk 550m in 5 min. recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •3 x 40m @ 95% max effort, w/ walk back in 30 sec. after each •Speed Cool Down	28 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up Horizontal Jump Technique Work •Run 800m ins/out. •12-14 x 200m @ 800m pace w/ standing double time recovery after each – run as continuous relay in teams of 3 w/ open hand-off practice •Tempo Cool Down High Jump Technique Work	March 1 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up Pole Vault Technique Work •Run 800m ins/out. min. •2 x 400m @ 800m pace w/ walk 800m in 6 min. recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •3 x 40m INCLINE (track access ramp) @ 95% max effort, w/ walk back to start in 30 sec. after each •Speed Cool Down	2 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run EASY 5 min. •2 x (3 x 150m LOW GRADE HILL REPETITIONS (Paseo Grande) @ 800m pace) w/ jog equal distance in 2 min. recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down	3 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •5-6 x 500m @ 3200m pace w/ standing equal time rest btwn segments •Run EASY 10 min. •Ladder Drills •Fitness Cool Down High Jump Technique Work	4 <b>ALL TEAM: 9:00AM</b> •Speed Warm Up <b>RACE: Red vs. Green Practice Meet @ CHS</b> •Run EASY 5 min. •Speed cool down.
March 5 Active rest. •Stretch.	6 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/out. •2 x 300m, 2 x 250m @ 800m pace w/ walk 300/450m in 5 min. recovery after each •5-6 x 80m HILL SPRINTS (student parking lot side) @ 95% effort w/ walk back recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. recovery after each •Speed Cool Down	7 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up Horizontal Jump Technique Work •Run EASY 5 min. •3-4 x 200m @ 800m pace w/ walk 200m in 8 min. after each •2 x (100m, 200m, 300m @ 1600m pace) w/ walk across turf recovery btwn seg. (hand signal) •Run EASY 10 min. •Ladder Drills •Fitness Cool Down High Jump Technique Work	8 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up Pole Vault Technique Work •Run 800m ins/out. min. •2 x 350m @ 90% effort (sub 800m pace) w/ walk 1250m in 15 min. recovery after each •3 x 40m INCLINE (track access ramp) @ 95% max effort, w/ walk back to start in 30 sec. after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	9 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •2 x 7-8 x 150m @ 1600 pace w/ walking 30m recovery after each, walking 400m in 4 min. recovery btwn sets •Run EASY 10 min. •Ladder Drills •Fitness Cool Down High Jump Technique Work	10 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/out. min. •1 x 300m @ max effort (time trial) w/ walk 1000m in 12 min. recovery after each •2 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each •Speed Cool Down	11 <b>ALL TEAM: 9:00AM</b> SAT TEST DATE •Tempo Warm Up Pole Vault Technique Work •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •1 x (3 x 120m @ 800m pace) w/ walk 80m in 60 sec recovery after segments •Tempo Cool Down High Jump Technique Work

## 2017 SPRING SEASON NOVICE SPEED SCHEDULE

March 12	<p>13</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Speed Warm Up</p> <p>•Run 800m ins/out.</p> <p>•2 x 300m @ 600m pace w/ walk 300/450m in 5 min. recovery after each</p> <p>•6:7 x 80m HILL SPRINTS (student parking lot side) @ 95% effort w/ walk back recovery after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. recovery after each</p> <p>•Speed Cool Down</p>	<p>14</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>Horizontal Jump Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x 200m @ 600m pace w/ walk 200m in 3 min. after each</p> <p>•3 x (100m, 200m, 300m @ 1600m pace) w/ walk across turf recovery btwn seg. ments/sets</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>15</p> <p><b>ALL TEAM: 3:05PM</b></p> <p>HELP SET UP FOR MEET!</p> <p>•Speed Warm up.</p> <p><b>RACE: DAL Meet vs. Clayton Valley @ CHS</b></p> <p>•Speed cool down.</p>	<p>16</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Tempo Warm Up</p> <p>•Run EASY 5 min.</p> <p>•1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set</p> <p>•1 x (3 x 120m @ 800m pace) w/ walk 80m in 60 sec recovery after segments.</p> <p>•Tempo Cool Down</p>	<p>17</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>•Run EASY 5 min.</p> <p>•5 x 600m @ 3200m pace w/ standing equal time recovery btwn segments – run as continuous relay in teams of 3 w/ open handoff practice</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>18</p> <p><b>ALL TEAM: TBA</b></p> <p>NO BUS. Athletes must get themselves to Dublin HS at times indicated on meet lineup.</p> <p>•Speed Warm up.</p> <p>•Run 20+ min.</p> <p><b>RACE: Dublin Distance Fiesta @ DHS</b></p> <p>•Speed cool down.</p>
March 19	<p>20</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Speed Warm Up</p> <p>•Run 800m ins/out.</p> <p>•3 x 300m @ 250m @ 600m pace w/ walk 800/450m in 5 min. recovery after each</p> <p>•6:7 x 80m HILL SPRINTS (student parking lot side) @ 95% effort w/ walk back recovery after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. recovery after each</p> <p>•Speed Cool Down</p> <p>–or–</p> <p>•1 x 250m @ 95% effort w/ 12 min. recovery after segment</p> <p>•1 x 200m @ 95% effort w/ 12 min. recovery after segments</p> <p>•2 x (3 x 50m) @ 95% effort w/ walk back recovery btwn segments. 3 min. recovery btwn sets</p> <p>•Speed Cool Down</p>	<p>21</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>Horizontal Jump Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x 200m @ 600m pace w/ walk 200m in 3 min. after each</p> <p>•10-12 x 100m @ 1600m pace w/ walk back 50m btwn segments</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>22</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Speed Warm Up</p> <p>Pole Vault Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x 350m @ 90% effort (sub 600m pace) w/ walk 1250m in 15 min. recovery after each</p> <p>•3 x 40m INCLINE (track access ramp) @ 95% max effort, w/ walk back to start in 30 sec. after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>–or–</p> <p>•3 x 120m @ 95% effort w/ 10, 12, 12 min. recovery after segments</p> <p>•4 x 40m INCLINE (track access ramp) @ 95% max effort, w/ walk back to start in 30 sec. after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>•Speed Cool Down</p>	<p>23</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Tempo Warm Up</p> <p>•Run EASY 5 min.</p> <p>•1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set</p> <p>•1 x (4 x 120m @ 800m pace) w/ walk 50m in 60 sec recovery after segments.</p> <p>•Tempo Cool Down</p>	<p>24</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>•Run EASY 5 min.</p> <p>•2 x 7-8 x 150m @ 1600 pace w/ walking 50m recovery after each, walking 400m in 4 min. recovery btwn sets</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>25</p> <p><b>ALL TEAM: TBA</b></p> <p>NO BUS. Athletes must get themselves to Foothill HS at time indicated on meet lineup.</p> <p>•Speed Warm up.</p> <p>•Run 20+ min.</p> <p><b>RACE: Bay Area Relays @ FHS</b></p> <p>•Run 20-30 min.</p> <p>•Speed cool down.</p>
March 26	<p>27</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Speed Warm Up</p> <p>•Run 800m ins/out.</p> <p>•3 x 300m @ 250m @ 600m pace w/ walk 800/450m in 5 min. recovery after each</p> <p>•6:7 x 80m HILL SPRINTS (student parking lot side) @ 95% effort w/ walk back recovery after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>–or–</p> <p>•3 x Horizontal Jump Comp. Sim</p> <p>•5 x 50m @ 95% effort w/ walk back to start in 3 min. recovery btwn segments</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>•Speed Cool Down</p>	<p>28</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>Horizontal Jump Technique Work</p> <p>•Run 800m ins/out.</p> <p>•3 x 200m @ 600m pace w/ walk 200m in 3 min. after each</p> <p>•3 x (100m, 200m, 300m @ 1600m pace) w/ walk across turf recovery btwn seg. ments/sets</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>29</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Speed Warm Up</p> <p>Pole Vault Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x 350m @ 90% effort (sub 600m pace) w/ walk 1250m in 15 min. recovery after each</p> <p>•3 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each</p> <p>•Speed Cool Down</p>	<p>30</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Tempo Warm Up</p> <p>•Run EASY 5 min.</p> <p>•1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set</p> <p>•1 x (4 x 150m @ 800m pace) w/ walk 50m in 60 sec recovery after segments.</p> <p>•Tempo Cool Down</p>	<p>31</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>•Run EASY 5 min.</p> <p>•5 x 600m @ 3200m pace w/ standing equal time recovery btwn segments – run as continuous relay in teams of 3 w/ open handoff practice</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>–or–</p> <p><b>SELECT ATHLETES: TBA</b></p> <p>Carpool leaves CHS at TBA.</p> <p>•Speed Warm up.</p> <p><b>RACE: Stanford Invite @ Stanford</b></p> <p>•Speed cool down.</p>	<p>April 1</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Tempo Warm Up</p> <p>Pole Vault Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x (3 x 200m @ 800m pace) w/ 3 min. recovery btwn segments. 8 min. recovery btwn sets</p> <p>•3 x 200m @ 1600m pace w/ jog across turf in 1 min. recovery after each</p> <p>•Tempo Cool Down</p> <p>High Jump Technique Work</p>
April 2	<p>3</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Speed Warm Up</p> <p>•Run 800m ins/out.</p> <p>•4 x 300m @ 600m pace w/ walk 500m in 5 min. recovery after each</p> <p>•7-8 x 80m HILL SPRINTS (student parking lot side) @ 95% effort w/ walk back recovery after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>–or–</p> <p>•1 x 250m @ 95% effort w/ 12 min. recovery</p> <p>•1 x 200m @ 95% effort w/ 12 min. recovery btwn segments</p> <p>•2 x (3 x 50m) @ 95% effort w/ walk back recovery btwn segments. 3 min. recovery btwn sets</p> <p>•Speed Cool Down</p>	<p>4</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Fitness Warm Up</p> <p>Horizontal Jump Technique Work</p> <p>•Run 800m ins/out.</p> <p>•3 x 200m @ 600m pace w/ walk 200m in 3 min. after each</p> <p>•10-12 x 100m @ 1600m pace w/ walk back 50m btwn segments</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>5</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Speed Warm Up</p> <p>Pole Vault Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x 350m @ 90% effort (sub 600m pace) w/ walk 1250m in 15 min. recovery after each</p> <p>•3 x 40m INCLINE (track access ramp) @ 95% max effort, w/ walk back to start in 30 sec. after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>–or–</p> <p>•3 x 120m @ 95% effort w/ 10, 12, 12 min. recovery after segments</p> <p>•4 x 40m INCLINE (track access ramp) @ 95% max effort, w/ walk back to start in 30 sec. after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>•Speed Cool Down</p>	<p>6</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Fitness Warm Up</p> <p>•Run EASY 5 min.</p> <p>•2 x 6-8 x 150m @ 1600 pace w/ walking 50m recovery after each, walking 400m in 4 min. recovery btwn sets</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>7</p> <p><b>SELECT ATHLETES: TBA</b></p> <p>NO BUS. Athletes must get themselves to SRJC at time indicated on meet lineup.</p> <p>•Speed Warm up.</p> <p><b>RACE: Santa Rosa Twilight Invite @ Santa Rosa JC</b></p> <p>•Speed cool down.</p>	<p>8</p> <p><b>ACT TEST DATE</b></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Tempo Warm Up</p> <p>Pole Vault Technique Work</p> <p>•Run EASY 5 min.</p> <p>•1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set</p> <p>•1 x (3 x 120m ACCELERATIONS) w/ walk back in 2 min. recovery after segments</p> <p>•Tempo Cool Down</p>
April 9	<p>10</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Speed Warm Up</p> <p>•Run 800m ins/out.</p> <p>•4 x 300m @ 600m pace w/ walk 500m in 5 min. recovery after each</p> <p>•6:7 x 80m HILL SPRINTS (student parking lot side) @ 95% effort w/ walk back recovery after each</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>–or–</p> <p>•3 x Horizontal Jump Comp. Sim</p> <p>•5 x 50m @ 95% effort w/ walk back to start in 3 min. recovery btwn segments</p> <p>•2 x 200m @ 800m pace w/ standing 30 sec. rest after each</p> <p>•Speed Cool Down</p>	<p>11</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>Horizontal Jump Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x 200m @ 600m pace w/ walk 200m in 3 min. after each</p> <p>•3 x (100m, 200m, 300m @ 1600m pace) w/ walk across field recovery btwn segments/sets</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>12</p> <p><b>ALL TEAM: 1:45PM</b></p> <p>Athletes excused from class at 1:40PM. Bus leaves CHS at 1:45PM.</p> <p>•Speed Warm up.</p> <p><b>RACE: DAL Meet vs. Acalanes @ AHS</b></p> <p>•Speed cool down.</p>	<p>13</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Tempo Warm Up</p> <p>•Run EASY 5 min.</p> <p>•1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set</p> <p>•2 x (3 x 120m ACCELERATIONS) w/ walk back in 2 min. recovery after segments</p> <p>•Tempo Cool Down</p>	<p>14</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness Warm Up</p> <p>•Run EASY 5 min.</p> <p>•5 x 600m @ 3200m pace w/ standing equal time recovery btwn segments – run as continuous relay in teams of 3 w/ open handoff practice</p> <p>•Run EASY 5 min.</p> <p>•Ladder Drills</p> <p>•Fitness Cool Down</p> <p>High Jump Technique Work</p>	<p>15</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Tempo Warm Up</p> <p>Pole Vault Technique Work</p> <p>•Run 800m ins/out.</p> <p>•2 x (3 x 150m @ 600m pace) w/ 3 min. recovery btwn segments. 8 min. recovery btwn sets</p> <p>•3 x 200m @ 1600m pace w/ jog across turf in 1 min. recovery after each</p> <p>•Tempo Cool Down</p>



## 2017 SPRING SEASON NOVICE SPEED SCHEDULE

April 16 Active rest. •Stretch.	17 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •3 x 40m @ 95% effort w/ walk 30 sec. recovery btwn segments •1 x 350m @ 95% effort w/ walk 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •2 x (3 x 40m) @ 95% effort w/ walk back recovery btwn segments. 3 min. recovery btwn sets •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	18 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up Horizontal Jump Technique Work •Run 800m ins/outs. •2 x 320m @ 600m pace w/ walk 480m in 5 min. after each •3 x 100m @ 1600m pace w/ walk back 50m btwn segments •Fitness Cool Down High Jump Technique Work	19 <b>ALL TEAM: 3:05PM</b> HELP SET UP FOR MEET! •Speed Warm up. <b>RACE: DAL Meet vs. Las Lomas @ CHS</b> •Speed cool down.	20 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •2 x (3 x 120m ACCELERATIONS) w/ walk back in 2 min. recovery after segments •Tempo Cool Down	21 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4 x (100m, 200m @ 1600m pace) w/ walk across field recovery btwn seg. ments/sets •Ladder Drills •Fitness Cool Down High Jump Technique Work	22 <b>JUNIOR PROM</b> <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up Pole Vault Technique Work •Run 800m ins/outs. min. •3 x (3 x 200m) @ 600m pace w/ 3 min. recovery btwn segments. 8 min. recovery btwn sets •Tempo Cool Down •Weight circuit x 3. –or– <b>SELECT ATHLETES: TBA</b> NO BUS. Athletes must get themselves to Davis HS at time indicated on meet lineup. •Speed Warm up. <b>RACE: Halden Invite @ DHS</b> •Speed cool down.
April 23 Active rest. •Stretch.	24 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. min. •1 x 300m @ 400m pace w/ 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each •4 x 80m HILL SPRINTS (student parking lot isle) @ 95% effort w/ walk back recovery after each –or– •4 x 80m @ 90, 95, 95, 100% effort w/ 5 min. recovery after segments •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	25 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up Horizontal Jump Technique Work •Run 800m ins/outs. •2 x 320m @ 600m pace w/ walk 480m in 5 min. after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Fitness Cool Down High Jump Technique Work	26 <b>ALL TEAM: 1:45PM</b> Athletes excused from class at 1:40PM. Bus leaves CHS at 1:45PM. •Speed Warm up. <b>RACE: DAL Meet vs. Miramonte @ MHS</b> •Speed cool down.	27 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •2 x 400m @ 3200m pace w/ standing equal time rest btwn segments – run as relay in equal ability pairs w/ open hand off practice •Ladder Drills •Fitness Cool Down	28 <b>ALL TEAM: TBA</b> Athletes excused from class at TBA. Bus leaves CHS at TBA. •Performance Warm up. •Run 20+ min. <b>RACE: Bob Warren Relays @ Acalanes HS</b> •Run 20-30 min. •Performance cool down.	29 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up Pole Vault Technique Work •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •1 x (3 x 120m ACCELERATIONS) w/ walk back in 2 min. recovery after segments •Tempo Cool Down High Jump Technique Work
April 30 Active rest. •Stretch.	May 1 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •3 x 40m @ 95% effort w/ walk 30 sec. recovery btwn segments •1 x 350m @ 95% effort w/ walk 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •2 x (3 x 40m) @ 95% effort w/ walk back recovery btwn segments. 3 min. recovery btwn sets •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	2 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up Horizontal Jump Technique Work •Run 800m ins/outs. •2 x 320m @ 600m pace w/ walk 480m in 5 min. after each •3 x 100m @ 1600m pace w/ walk back 50m btwn segments •Fitness Cool Down High Jump Technique Work	3 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up Pole Vault Technique Work •Run 800m ins/outs. •2-3 x (4 x 60m @ 100% effort, 40m @ 80% effort, 50m walk, 50m jog). Continuous around track. 60m/40m on straight. 50m/50m on turn. 3 min. walk recovery btwn sets •Tempo Cool Down	4 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4 x (100m, 200m @ 1600m pace) w/ walk across field recovery btwn seg. ments/sets •Ladder Drills •Fitness Cool Down High Jump Technique Work	5 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up Active Rest Activity •Tempo Cool Down	6 <b>SAT TEST DATE</b> <b>ALL TEAM: 12:00PM</b> Help set up for meet! •Speed Warm up. <b>RACE: DAL Championship Trials @ CHS</b> •Speed cool down.
May 7 Active rest. •Stretch.	8 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. min. •1 x 300m @ 400m pace w/ 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each •4 x 80m HILL SPRINTS (student parking lot isle) @ 95% effort w/ walk back recovery after each –or– •4 x 80m @ 90, 95, 95, 100% effort w/ 5 min. recovery after segments •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	9 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up Horizontal Jump Technique Work •Run 800m ins/outs. •3 x 320m @ 600m pace w/ walk 480m in 5 min. after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Fitness Cool Down High Jump Technique Work	10 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up Pole Vault Technique Work •Run 800m ins/outs. Event work. Relay handoffs, jump run throughs, etc. •Speed Cool Down	11 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •5 x 400m @ 3200m pace w/ standing equal time rest btwn segments – run as relay in equal ability pairs w/ open hand off practice •Ladder Drills •Fitness Cool Down High Jump Technique Work	12 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up Active Rest Activity •Tempo Cool Down	13 <b>ALL TEAM: 9:00AM</b> Help set up for meet! •Speed Warm up. <b>RACE: DAL Championship Finals @ CHS</b> •Speed cool down.
May 14 Active rest. •Stretch.	15 <b>VARSITY: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. min. •1 x 300m @ 400m pace w/ 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •3 x 80m @ 90, 95, 100% effort w/ 5 min. recovery after segments •2 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– Event work. Relay handoffs, jump run throughs, etc. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	16 <b>VARSITY: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •1 x 100m @ 1600m pace w/ walk back 50m btwn segments •Fitness Cool Down	17 <b>VARSITY: 3:20PM</b> •Tempo Warm Up Pole Vault Technique Work •Run 800m ins/outs. •2-3 x (4 x 60m @ 100% effort, 40m @ 80% effort, 50m walk, 50m jog). Continuous around track. 60m/40m on straight. 50m/50m on turn. 3 min. walk recovery btwn sets •Tempo Cool Down	18 <b>VARSITY: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4 x (100m, 200m @ 1600m pace) w/ walk across field recovery btwn seg. ments/sets •Ladder Drills •Fitness Cool Down	19 <b>VARSITY: 3:20PM</b> •Tempo Warm Up Active Rest Activity •Tempo Cool Down	20 <b>SENIOR BALL</b> <b>VARSITY: 8:00AM</b> NO BUS. Athletes must get themselves to FHS at time indicated on meet lineup. •Speed Warm up. <b>RACE: NCS Finals @ Foothill HS</b> •Speed cool down.

## 2017 SPRING SEASON NOVICE SPEED SCHEDULE

May 21 Active rest. •Stretch.	22 <b>VARSITY: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. Event work: Relay handoffs, jump run throughs, etc. •Speed Cool Down	23 <b>VARSITY: 3:20PM</b> •Tempo Warm Up Active Rest Activity •Tempo Warm Up	24 <b>VARSITY: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 17 x 100m @ 1600m pace w/ walk back 50m between segments •Fitness Cool Down	25 <b>VARSITY: 3:20PM</b> •Tempo Warm Up Discuss meet •Tempo Cool Down	26 <b>VARSITY: 12:00PM</b> NO BUS. Athletes must get themselves to UCB at time indicated on meet lineup. •Speed Warm up. RACE: MOC Trials @ UC Berkeley Edwards Stadium •Speed cool down.	27 <b>VARSITY: 12:00PM</b> NO BUS. Athletes must get themselves to UCB at time indicated on meet lineup. •Speed Warm up. RACE: MOC Finals @ UC Berkeley Edwards Stadium •Speed cool down.
May 28 Active rest. •Stretch.	29 <b>VARSITY: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. Event work: Relay handoffs, jump run throughs, etc. •Speed Cool Down NO SCHOOL	30 <b>VARSITY: 3:20PM</b> •Tempo Warm Up Active Rest Activity •Tempo Warm Up	31 <b>VARSITY: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 17 x 100m @ 1600m pace w/ walk back 50m between segments •Fitness Cool Down ALL TEAM: 5:30PM Awards Night @ CHS Multi-use room.	June 1 <b>VARSITY: 3:20PM</b> •Tempo Warm Up Discuss meet •Tempo Warm Up	2 <b>VARSITY: 3:00PM</b> •Speed Warm up. RACE: CIF Trials @ Buchanan HS •Speed cool down.	3 <b>VARSITY: 4:00PM</b> •Speed Warm up. RACE: CIF Finals @ Buchanan HS •Speed cool down. SAT TEST DATE

### 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.