

COUGAR TRACK & FIELD

2025 SPRING SEASON SPEED SCHEDULE

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED PREP PHASE 1

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. forward fence hurdle
20 sec. backward fence hurdle
20 sec. lateral leg swings
20 sec. linear leg swings

POWER

3 x 8 High Pull (dumbbell)
3 x 8 Dbl Leg Box Jump
3 x 8 Kettle Bell Swing

PLYOMETRIC

2 x 20-40 sec. Dbl Leg jump-rope hop
2 x 20-40 sec. Dbl Leg lateral over line hop
2 x 20-40 sec. Dbl Leg tuck jumps

ACTIVATION

2 x 20m A skip + 40m stride
2 x 20m straight-leg paw back + 40m stride
2 x 20m knee lift + 40m stride
2 x 20m heel lift + 40m stride

4 x 20m "drive-out" from reversed sit + 40m acceleration to 90% max velocity

SPEED COOL DOWN PHASE 1

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

CORE

60 sec. leg lifts
60 sec. chest lifts
60 sec. sit ups
60 sec. push ups
60 sec. hands-and-knees bird dogs
60 sec. elbow-to-knee diagonal crunch
60 sec. superman rockers

STRETCH

CAPACITY PREP PHASE 1

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. lateral leg swings
20 sec. linear leg swings

2 x forward hurdle prisoner walkover
2 x lateral hurdle prisoner walkover
2 x backward hurdle prisoner walkover

STRENGTH

3 x 8 Back Squat (barbell)/Goblet Squat (dumbbells)
3 x 8 Dead Lift (kettlebell)/Good Morning (dumbbell)
3 x 8 Calf Raises (dumbbells)
3 x 8 Hamstring Curl (band)
3 x 8 Hip Flexor Curl (band)
3 x 8 Quad Extension (band)

ACTIVATION

4 x 20m Ladder Acceleration to 90% max velocity

CAPACITY COOL DOWN PHASE 1

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

CORE

2 x 20 mountain climbers
8 x 30 sec. plank matrix

STRETCH

FITNESS PREP PHASE 1

GSM

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise
10 x Lateral **adductor** leg-raise
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant

BAREFOOT

Jog Variation Between Each:
-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

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 prisoner-lunge walk

STRENGTH

3 x 8 Lunge (dumbbells)
3 x 8 Bench Press (dumbbells)
3 x 8 Bent Row (dumbbell)
3 x 8 Military Press (dumbbell)
3 x 8 Pull Up (band)
3 x 8 Arm Curl (dumbbell)
3 x 8 Triceps Press (band)

FITNESS COOL DOWN PHASE 1

BAREFOOT CIRCUIT

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

CORE

60 sec. scoops
60 sec. chest crawl
60 sec. low reach crunch
60 sec. pistons
60 sec. side crunches
60 sec. opposite arm/leg
60 sec. alternate leg lifts

ROPE STRETCH

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"

STRETCH CIRCUIT

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 away from same side gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

LOWER LEG TURF CIRCUIT

BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

LOWER LEG STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

- 60-second right-leg toe taps
60-second left-leg toe taps
20 x right-side hip-sag gluteal squeeze
20 x left-side hip-sag gluteal squeeze
20 x right-side single-leg squat taps
20 x left-side single-leg squat taps
10 x double-leg heel lower-to-raise (inversion/extension)

COUGAR TRACK & FIELD

2025 SPRING SEASON SPEED SCHEDULE

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

SPEED PREP PHASE 2

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. forward fence hurdle
20 sec. backward fence hurdle
20 sec. lateral leg swings
20 sec. linear leg swings

POWER

3 x 5 Clean/High Pull
3 x 5 Dbl Leg Depth Jump
3 x 5 Med Ball Deadlift Toss

PLYOMETRIC

2 x 20-40 sec. Sngl Leg jump-rope hop
2 x 20-40 sec. Sngl Leg lateral over line hop
2 x 20-40 sec. Sngl Leg tuck jumps

ACTIVATION

2 x 20m A skip + 40m stride
2 x 20m straight-leg paw back + 40m stride
2 x 20m B skip + 40m stride
2 x 60m anking progression (small to big)

4 x 20m "drive-out" from 3-point stance + 40m acceleration to 90% max velocity

SPEED COOL DOWN PHASE 2

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

CORE

60 sec. leg lifts w/ flutter & scissor
60 sec. chest lifts w/ arms in front
60 sec. suitcases
60 sec. push ups w/ lateral walk
60 sec. hands-and-knees bird dogs w/ lateral movement
60 sec. Russian twist
60 sec. superman rockers

STRETCH

CAPACITY PREP PHASE 2

MOBILITY

2 x 20m forward skip + 40m stride
2 x 20m lateral shuffle + 40m stride
2 x 20m lateral crossover + 40m stride

20 sec. lateral leg swings
20 sec. linear leg swings

2 x forward hurdle military (PVC) walkover
2 x lateral hurdle military (PVC) walkover
2 x backward hurdle military (PVC) walkover

STRENGTH

3 x 5 Back Squat (barbell)/Goblet Squat (dumbbells)
3 x 5 Dead Lift (barbell)/Good Morning (dumbbell)
3 x 8 Calf Raises (dumbbells)
3 x 8 Hamstring Curl (band)
3 x 8 Hip Flexor Curl (band)
3 x 8 Quad Extension (band)

ACTIVATION

4 x 20m Ladder Acceleration to 90% max velocity

CAPACITY COOL DOWN PHASE 2

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

CORE

2 x 10 mountain climber matix
8-12 x 40 sec. plank matix

STRETCH

FITNESS PREP PHASE 2

GSM

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise
10 x Lateral **adductor** leg-raise
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant

BAREFOOT

Jog Variation Between Each:
-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

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 prisoner-lunge walk

STRENGTH

3 x 8 Lunge (dumbbells)
3 x 8 Bench Press (dumbbells)
3 x 8 Bent Row (dumbbell)
3 x 8 Military Press (dumbbell)
3 x 8 Pull Up (band)
3 x 8 Arm Curl (dumbbell)
3 x 8 Triceps Press (band)

FITNESS COOL DOWN PHASE 2

BAREFOOT CIRCUIT

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

CORE

-60 sec. straight-leg full lift
-60 sec. chest crawl
-60 sec. oscillating heel reach
-60 sec. elbow-to-knee bicycles
-60 sec. side crunches
-60 sec. opposite-arm/leg lift w/ lateral movement
-60 sec. spread-eagle opposite-arm/leg pike

ROPE STRETCH

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"

STRETCH CIRCUIT

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 away from same side gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

LOWER LEG TURF CIRCUIT

BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

LOWER LEG STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

- 60-second right-leg toe taps
- 60-second left-leg toe taps
- 20 x right-side hip-sag gluteal squeeze
- 20 x left-side hip-sag gluteal squeeze
- 20 x right-side single-leg squat taps
- 20 x left-side single-leg squat taps
- 10 x double-leg heel lower-to-raise (inversion/extension)

2025 SPRING SEASON **SPEED** SCHEDULE

<p>FEB 9 Active rest. •Stretch.</p>	<p>10 <i>1ST DAY OF SEASON</i> ALL TEAM: 3:15PM MAX VELOCITY & SPEED ENDURANCE •Speed Prep •2 x 3 x 20m fly, 20m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk recovery after each set. •1 x 80-100m @ 97% max velocity. (TDAP=200-220m) •Speed Cool Down</p>	<p>11 ALL TEAM: 3:50PM INTENSIVE TEMPO •Capacity Prep •Jog to Calle La Messa. •2 x 100m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. •2 x 2 x 80m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery btwn sets. (TDAP=520m) •Walk 5 min. back to track. •Capacity Cool Down</p>	<p>12 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep •6-8 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=600-800m) •Fitness Cool Down</p>	<p>13 ALL TEAM: 3:50PM ACCELERATION & SPEED ENDURANCE •Speed Prep •6 x 20m push starts (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk after set. •1 x 120m @ 97% max velocity w/ 5 min. walk recovery after rep. •2-3 x 80m @97% max velocity w/ 4 min. walk btwn reps. (TDAP=280-360m) •Speed Cool Down</p>	<p>14 <i>NO SCHOOL</i> ALL TEAM: 9:00AM EXTENSIVE TEMPO •Fitness Prep •8-10 x 100m @ 75% max velocity every 60 seconds. (TDAP=800-1000m) •Fitness Cool Down</p>	<p>15 ALL TEAM: 9:00AM INTENSIVE TEMPO •Capacity Prep •2 x 3 x 120-150m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. walk recovery after sets. (TDAP=720-900m) •Capacity Cool Down</p>
<p>FEB 16 Active rest. •Stretch.</p>	<p>17 <i>NO SCHOOL</i> ALL TEAM: 3:15PM MAX VELOCITY & SPEED ENDURANCE •Speed Prep SPIKES ON •2 x 3 x 20m fly, 20m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 6 minute walk recovery after each set. SPIKES OFF •1 x 100-120m @ 97% max velocity. (TDAP=220-240m) •Speed Cool Down</p>	<p>18 ALL TEAM: 3:50PM INTENSIVE TEMPO •Capacity Prep •Jog to Calle La Messa. •2 x 2 x 100m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. •3 x 80m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. (TDAP=640m) •Walk 5 min. back to track. •Capacity Cool Down</p>	<p>19 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep •6-8 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=600-800m) •Fitness Cool Down</p>	<p>20 ALL TEAM: 3:50PM ACCELERATION & INTENSIVE TEMPO •Speed Prep •6 x 20m push starts (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk after set. •2 x 3 x 120-150m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. walk recovery after sets. (TDAP=840-1020m) •Speed Cool Down</p>	<p>21 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep •8-10 x 100m @ 75% max velocity every 60 seconds. (TDAP=800-1000m) •Fitness Cool Down</p>	<p>22 ALL TEAM: 8:30AM Team Event Testing @ CHS •Speed Prep COMPETITION •Speed cool down.</p>
<p>FEB 23 Active rest. •Stretch.</p>	<p>24 ALL TEAM: 3:15PM MAX VELOCITY & SPEED ENDURANCE •Speed Prep SPIKES ON •2 x 3 x 20m fly, 30m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep. 8 minute walk recovery after each set. SPIKES OFF •1 x 80-100m @ 97% max velocity w/ 8 min. walk recovery after rep. •1 x 80m @97% max velocity. (TDAP=340-360m) •Speed Cool Down</p>	<p>25 ALL TEAM: 3:50PM INTENSIVE TEMPO •Capacity Prep •Jog to Calle La Messa. •2 x 3 x 100m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. •2 x 80m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. (TDAP=760m) •Walk 5 min. back to track. •Capacity Cool Down</p>	<p>26 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep •8-10 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=800-1000m) •Fitness Cool Down</p>	<p>27 ALL TEAM: 3:50PM ACCELERATION & SPEED ENDURANCE •Speed Prep •6 x 20m push starts (working on drive phase) @97% effort w/ 3 min. btwn each rep. 5 min. walk after set. •1 x 120m @ 97% max velocity w/ 5 min. walk recovery after rep. •3-4 x 80m @97% max velocity w/ 4 min. walk btwn reps. (TDAP=360-440m) •Speed Cool Down</p>	<p>28 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep •10-12 x 100m @ 75% max velocity every 60 seconds (TDAP=1000-1200m) •Fitness Cool Down</p>	<p>MARCH 1 ALL TEAM: 9:00AM INTENSIVE TEMPO •Capacity Prep •2-3 x 3 x 120-150m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps. 8 min. walk recovery after sets. (TDAP=720-1350m) •Capacity Cool Down</p>

2025 SPRING SEASON SPEED SCHEDULE

<p>MAR 2 Active rest. •Stretch.</p>	<p>3 ALL TEAM: 3:15PM MAX VELOCITY & SPEED ENDURANCE •Speed Prep SPIKES ON *4 x 20m fly, 60m sprint 20m-float 20m-sprint 20m @ 97%-92%-97% max velocity, 30m decelerate w/ 4 min. walk back recovery after each rep, 8 minute walk recovery after set SPIKES OFF *1 x 100-120m @ 97% max velocity w/ 8 min. walk recovery after rep. *1 x 80-100m @97% max velocity (TDAP=420-440m) •Speed Cool Down</p>	<p>4 ALL TEAM: 3:50PM EXTENSIVE TEMPO •Fitness Prep *10-12 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=1000-1200m) •Fitness Cool Down</p>	<p>5 ALL TEAM: 3:30PM Practice Meet vs. College Park @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. •Speed Prep COMPETITION •Speed cool down.</p>	<p>6 ALL TEAM: 3:50PM INTENSIVE TEMPO •Capacity Prep •Jog to Calle La Messa. *2 x 3 x 100m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. 8 minute standing recovery after set. *2 x 80m STEEP HILL @ 80% max effort w/ 3 min. walk back recovery btwn reps. (TDAP=760m) •Walk 5 min. back to track. •Capacity Cool Down</p>	<p>7 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep *2 x 4 x 150m @ 75% max velocity, walk 50m recovery btwn reps., walk 200m between sets. (TDAP=1200m) •Fitness Cool Down</p>	<p>8 ALL TEAM: 9:00AM INTENSIVE TEMPO •Capacity Prep *2-3 x 3 x 120-150m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after sets. (TDAP=720-1350m) •Capacity Cool Down</p>
<p>MAR 9 Active rest. •Stretch.</p>	<p>10 ALL TEAM: 3:15PM MAX VELOCITY & SPECIAL ENDURANCE 1 •Speed Prep SPIKES ON *2 x 3 x 20m fly, 30m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep, 8 minute walk recovery after each set. SPIKES OFF *1 x 150-180m @ 97% max velocity w/ 10 min. walk recovery after rep. *1 x 120-150m @97% max velocity (TDAP=450-510m) •Speed Cool Down</p>	<p>11 ALL TEAM: 3:50PM EXTENSIVE TEMPO •Fitness Prep *12-14 x 100m @ 75% max velocity every 60 seconds. (TDAP=1200-1400m) •Fitness Cool Down</p>	<p>12 ALL TEAM: 3:30PM DAL Meet vs. Miramonte @ MHS Competitors excused at 1:40pm. Bust departs at 1:50pm. •Speed Prep COMPETITION •Speed cool down.</p>	<p>13 ALL TEAM: 3:50PM INTENSIVE TEMPO •Capacity Prep *2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1080m) •Capacity Cool Down</p>	<p>14 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep *4 x 100m @ 75% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. (TDAP=1200m) •Fitness Cool Down</p>	<p>15 ALL TEAM: 9:00AM INTENSIVE TEMPO •Capacity Prep *2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1080m) •Capacity Cool Down</p>
<p>MAR 16 Active rest. •Stretch.</p>	<p>17 ALL TEAM: 3:15PM <i>NO SCHOOL</i> SHORT SPEED ENDURANCE & SPECIAL ENDURANCE 1 •Speed Prep SPIKES ON *4 x 20m fly, 60m sprint 20m-float 20m-sprint 20m @ 97%-92%-97% max velocity, 30m decelerate w/ 4 min. walk back recovery after each rep, 8 minute walk recovery after set. SPIKES OFF *1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. *1 x 120-150m @97% max velocity (TDAP=540-590m) •Speed Cool Down</p>	<p>18 ALL TEAM: 3:50PM EXTENSIVE TEMPO •Fitness Prep *12-14 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=1200-1400m) •Fitness Cool Down</p>	<p>19 ALL TEAM: 3:15PM DAL Meet vs. Clayton Valley @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. •Speed Prep COMPETITION •Speed cool down.</p>	<p>20 ALL TEAM: 3:50PM INTENSIVE TEMPO •Capacity Prep *2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1080m) •Capacity Cool Down</p>	<p>21 ALL TEAM: 3:15PM EXTENSIVE TEMPO •Fitness Prep *2 x 5 x 150m @ 75% max velocity, walk 50m recovery btwn reps., walk 200m recovery btwn sets. (TDAP=1500m) •Fitness Cool Down</p>	<p>22 ALL TEAM: 9:00AM INTENSIVE TEMPO •Capacity Prep *2-3 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1620m) •Capacity Cool Down</p>

2025 SPRING SEASON **SPEED** SCHEDULE

<p>MAR 23 Active rest. •Stretch.</p>	<p>24 ALL TEAM: 3:15PM</p> <p>SHORT SPEED ENDURANCE & SPECIAL ENDURANCE 1 •Speed Prep SPIKES ON 2 x 3 x 20m fly, 30m @ 97% max velocity 30m decelerate w/ 1.5 min. walk back recovery after each rep, 8 minute walk recovery after 1st set, 10 min. walk recovery after 2nd set. SPIKES OFF 1 x 200-220m @ 97% max velocity w/ 12 min. walk recovery after rep. 1 x 120-150m @97% max velocity. (TDAP=500-550m)</p> <p>•Speed Cool Down</p>	<p>25 ALL TEAM: 3:50PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 14-16 x 100m @ 75% max velocity every 60 seconds. (TDAP=1400-1600m)</p> <p>•Fitness Cool Down</p>	<p>26 ALL TEAM: 3:30PM</p> <p>DAL Meet vs. Northgate @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. •Speed Prep COMPETITION •Speed cool down.</p>	<p>27 ALL TEAM: 3:50PM</p> <p>INTENSIVE TEMPO •Capacity Prep 2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1080m)</p> <p>•Capacity Cool Down</p>	<p>28 ALL TEAM: 3:15PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 5 x 100m @ 75% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. (TDAP=1500m)</p> <p>•Fitness Cool Down</p>	<p>29 SELECT ATHLETES: TBA</p> <p>Bay Area Relays @ FHS NO BUS. Get yourself to Foothill HS by time indicated on meet lineup. •Speed Prep COMPETITION •Speed cool down.</p> <p>–or– OTHER ATHLETES: ON OWN</p> <p>INTENSIVE TEMPO •Capacity Prep 2-3 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1620m)</p> <p>•Capacity Cool Down</p>
<p>MAR 30 Active rest. •Stretch.</p>	<p>31 ALL TEAM: ON YOUR OWN NO SCHOOL</p> <p>SHORT SPEED ENDURANCE & SPECIAL ENDURANCE 1 •Speed Prep SPIKES ON 4 x 20m fly, 60m sprint 20m-float 20m-sprint 20m* @ 97%-92%-97% max velocity, 30m decelerate w/ 4 min. walk back recovery after each rep, 8 minute walk recovery after set. SPIKES OFF 1 x 220-250m @ 97% max velocity w/ 12 min. walk recovery after rep. 1 x 150-200m @97% max velocity. (TDAP=610-690m)</p> <p>•Speed Cool Down</p>	<p>APRIL 1 ALL TEAM: ON YOUR OWN NO SCHOOL</p> <p>EXTENSIVE TEMPO •Fitness Prep 14-16 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=1400-1600m)</p> <p>•Fitness Cool Down</p>	<p>2 ALL TEAM: ON YOUR OWN NO SCHOOL</p> <p>SPECIAL ENDURANCE 1 •Speed Prep 1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 150-180m @ 97% max velocity w/ 8 min. walk recovery after rep. 1 x 120-150m @ 97% max velocity. (TDAP=450-530m)</p> <p>•Speed Cool Down</p>	<p>3 ALL TEAM: ON YOUR OWN NO SCHOOL</p> <p>INTENSIVE TEMPO •Capacity Prep 2 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1080m)</p> <p>•Capacity Cool Down</p>	<p>4 ALL TEAM: ON YOUR OWN NO SCHOOL</p> <p>EXTENSIVE TEMPO •Fitness Prep 2 x 6 x 150m @ 75% max velocity, walk 50m recovery btwn reps., walk 200m recovery btwn sets. (TDAP=1800m)</p> <p>•Fitness Cool Down</p>	<p>5 ALL ATHLETES: ON YOUR OWN</p> <p>INTENSIVE TEMPO •Capacity Prep 2-3 x 3 x 150-180m @ 85% max velocity w/ 2.5 min. walk back recovery btwn reps, 8 min. walk recovery after set. (TDAP=900-1620m)</p> <p>•Capacity Cool Down</p>
<p>APR 6 Active rest. •Stretch.</p>	<p>7 ALL TEAM: 3:15PM</p> <p>MAX VELOCITY / SPECIAL ENDURANCE 2 •Speed Prep Short Speed Group: SPIKES ON 2 x 3 x 20m fly, 40m @ 97% max velocity 30m decelerate w/ 3 min. walk back recovery after each rep, 6 minute walk recovery btwn sets. SPIKES OFF (TDAP=240m)</p> <p>Long Speed Group: 1 x 250-280m @ 400m goal pace w/ 12 min. walk recovery after rep. 1 x 220-250m @ 400m goal pace w/ 10 min. walk recovery after rep. 1 x 120-150m @97% max velocity. (TDAP=590-680m)</p> <p>•Speed Cool Down</p>	<p>8 ALL TEAM: 3:50PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 16-18 x 100m @ 75% max velocity every 60 seconds(TDAP=1600-1800m)</p> <p>•Fitness Cool Down</p>	<p>9 ALL TEAM: 3:15PM</p> <p>MAX VELOCITY OR SPECIAL ENDURANCE 2 •Speed Prep Short Speed Group: 3 x 4 x 20m fly, 60m @ 97% max velocity 30m decelerate w/ 5 min. walk back recovery after each rep, 10 minute walk recovery btwn sets. (TDAP=720m)</p> <p>Long Speed Group: 6-7 x 100m @ 400m goal pace with 50m walk back recovery btwn reps. (TDAP=600-700m)</p> <p>•Speed Cool Down</p>	<p>10 ALL TEAM: 3:15PM</p> <p>INTENSIVE TEMPO •Capacity Prep 2 x 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. (TDAP=1080-1200m)</p> <p>•Capacity Cool Down</p>	<p>11 ALL TEAM: 3:50PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 6 x 100m @ 75% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. (TDAP=1800m)</p> <p>•Fitness Cool Down</p>	<p>12 ALL TEAM: 9:00AM</p> <p>INTENSIVE TEMPO •Capacity Prep 2-3 x 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. (TDAP=1080-1800m)</p> <p>•Capacity Cool Down</p>

2025 SPRING SEASON SPEED SCHEDULE

<p>APR 13 Active rest. •Stretch.</p>	<p>14 ALL TEAM: 3:15PM</p> <p>MAX VELOCITY / SPECIAL ENDURANCE 2 •Speed Prep <i>Short Speed Group:</i> SPIKES ON 2 x 3 x 20m fly, 40m @ 97% max velocity 30m decelerate w/ 3 min. walk back recovery after each rep, 6 minute walk recovery btwn sets. SPIKES OFF TDAP=240m</p> <p><i>Long Speed Group:</i> 1 x 280-300m @ 400m goal pace w/ 15 min. walk recovery after rep. 1 x 250-280m @ 400m goal pace. TDAP=530-580m</p> <p>•Speed Cool Down</p>	<p>15 ALL TEAM: 3:50PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 16-18 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. TDAP=1600-1800m •Fitness Cool Down</p>	<p>16 ALL TEAM: 3:30PM</p> <p>DAL Meet vs. Las Lomas @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. •Speed Prep COMPETITION •Speed cool down.</p>	<p>17 ALL TEAM: 3:50PM</p> <p>INTENSIVE TEMPO •Capacity Prep 2 x 3 x 180-200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. TDAP=1080-1200m •Capacity Cool Down</p>	<p>18 ALL TEAM: 3:15PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 3 x 300m @ 75% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery. TDAP=1200m •Fitness Cool Down</p>	<p>19 <i>JUNIOR PROM</i> SELECT ATHLETES: TBA</p> <p>Granada Festival @ GHS NO BUS. Get yourself to Granada HS by time indicated on meet lineup. •Speed Prep COMPETITION •Speed cool down.</p>
<p>APR 20 Active rest. •Stretch.</p>	<p>21 ALL TEAM: 3:15PM</p> <p>MAX VELOCITY / SPECIAL ENDURANCE 2 •Speed Prep <i>Short Speed Group:</i> SPIKES ON 2 x 3 x 20m fly, 40m @ 97% max velocity 30m decelerate w/ 3 min. walk back recovery after each rep, 6 minute walk recovery btwn sets. SPIKES OFF TDAP=240m</p> <p><i>Long Speed Group:</i> 1 x 300-320m @ 400m goal pace w/ 12 min. walk recovery after rep. 1 x 280-300m @ 400m goal pace. TDAP=580-620m</p> <p>•Speed Cool Down</p>	<p>22 ALL TEAM: 3:50PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 16-18 x 100m @ 75% max velocity every 60 seconds. TDAP=1600-1800m •Fitness Cool Down</p>	<p>23 ALL TEAM: 3:30PM</p> <p>DAL Meet vs. Acalanes @ AHS Competitors excused at 1:40pm. Bust departs at 1:50pm. •Speed Prep COMPETITION •Speed cool down.</p>	<p>24 ALL TEAM: 3:15PM</p> <p>INTENSIVE TEMPO •Capacity Prep 2-3 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. TDAP=1200-1200m •Capacity Cool Down</p>	<p>25 ALL TEAM: 3:15PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 4 x 300m @ 75% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery. TDAP=1600m •Fitness Cool Down</p>	<p>26 <i>SENIOR BALL</i> ALL TEAM: 9:00AM</p> <p>INTENSIVE TEMPO •Capacity Prep 2-3 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. TDAP=1200-1800m •Capacity Cool Down</p>
<p>APR 27 Active rest. •Stretch.</p>	<p>28 ALL TEAM: 3:15PM</p> <p>MAX VELOCITY / SPECIAL ENDURANCE 2 •Speed Prep <i>Short Speed Group:</i> SPIKES ON 2 x 3 x 20m fly, 40m @ 97% max velocity 30m decelerate w/ 3 min. walk back recovery after each rep, 6 minute walk recovery btwn sets. SPIKES OFF TDAP=240m</p> <p><i>Long Speed Group:</i> 1 x 300-320m @ 400m goal pace w/ 12 min. walk recovery after rep. 1 x 280-300m @ 400m goal pace. TDAP=580-620m</p> <p>•Speed Cool Down</p>	<p>29 ALL TEAM: 3:50PM</p> <p>EXTENSIVE TEMPO •Fitness Prep 4 x 300m @ 75% max velocity, walk across D zone recovery, 100m @ 70% max velocity, walk across D zone recovery. TDAP=1600m •Fitness Cool Down</p>	<p>APRIL 30 ALL TEAM: 3:15PM</p> <p>SPECIAL ENDURANCE 1 •Speed Prep 1 x 180-200m @ 97% max velocity w/ 10 min. walk recovery after rep. 1 x 150-180m @ 97% max velocity w/ 8 min. walk recovery after rep. 1 x 120-150m @ 97% max velocity. TDAP=450-530m •Speed Cool Down</p>	<p>1 ALL TEAM: 3:50PM</p> <p>INTENSIVE TEMPO •Capacity Prep 2-3 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. TDAP=1200-1800m •Capacity Cool Down</p>	<p>2 ALL TEAM: 3:15PM</p> <p>ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down</p>	<p>3 ALL TEAM: 9:00AM-4:00PM</p> <p>DAL Championship Trials @ CHS Non-competing athletes will be assigned meet hosting job shifts. •Speed Prep COMPETITION •Speed cool down.</p>

2025 SPRING SEASON SPEED SCHEDULE

MAY 4 Active rest. •Stretch.	5 <i>AP TEST DATE</i> ALL TEAM: 3:15PM MAX VELOCITY •Speed Prep SPIKES ON •2 x 3 x 20m fly, 40m @ 97% max velocity, 30m decelerate w/ 3 min. walk back recovery after each rep., 6 minute walk recovery btwn sets. SPIKES OFF (TDAP=240m) •Speed Cool Down	6 <i>AP TEST DATE</i> ALL TEAM: 3:50PM EXTENSIVE TEMPO •Fitness Prep •4 x 100m @ 75% max velocity, walk across D zone recovery, 200m @ 70% max velocity, walk 200m recovery. (TDAP=1200m) •Fitness Cool Down	7 <i>AP TEST DATE</i> ALL TEAM: 3:15PM MAX VELOCITY / SPECIAL ENDURANCE 2 •Speed Prep Short Speed Group: •2 x 3 x 20m fly, 60m @ 97% max velocity, 30m decelerate w/ 5 min. walk back recovery after each rep., 10 minute walk recovery btwn sets. (TDAP=360m) Long Speed Group: •5-6 x 100m @ 400m goal pace with 50m walk back recovery btwn reps. (TDAP=500-600m) •Speed Cool Down	8 <i>AP TEST DATE</i> ALL TEAM: 3:50PM <i>All Frosh Soph & Select Varsity:</i> EXTENSIVE TEMPO •Fitness Prep •10 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=1000m) •Fitness Cool Down <i>Potential NCS Qualifiers:</i> INTENSIVE TEMPO •Capacity Prep •2-3 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. walk recovery after set. (TDAP=1200-1800m) •Capacity Cool Down	9 <i>AP TEST DATE</i> ALL TEAM: 3:15PM ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	10 <i>AP TEST DATE</i> ALL TEAM: 9:00AM-4:00PM DAL Championship Finals @ CHS Non-competing athletes will be assigned meet hosting job shifts. •Speed Prep COMPETITION •Speed cool down.
MAY 11 Active rest. •Stretch.	12 <i>AP TEST DATE</i> VARSIY: 3:15PM EVENT SPECIFIC •Speed Prep SPIKES ON •Event Work: Relay exchanges, block starts, run-throughs, etc. SPIKES OFF •Speed Cool Down	13 <i>AP TEST DATE</i> VARSIY: 3:50PM ACTIVE RECOVERY •Capacity Prep •Active Recovery Activity •Capacity Cool Down	14 <i>AP TEST DATE</i> VARSIY: 3:15PM INTENSIVE TEMPO •Capacity Prep •2 x 3 x 200m @ 85% max velocity w/ 3 min. walk back recovery btwn reps, 9 min. 800m walk recovery after set. (TDAP=1200m) •Capacity Cool Down	15 <i>AP TEST DATE</i> VARSIY: 3:50PM EXTENSIVE TEMPO •Fitness Prep •10 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=1000m) •Fitness Cool Down	16 <i>AP TEST DATE</i> VARSIY: 3:15PM ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	17 <i>AP TEST DATE</i> VARSIY: TBA NCS Tri-Valley Finals @ PHS NO BUS. Get yourself to Pittsburg HS at time indicated on meet lineup. •Speed Prep COMPETITION •Speed cool down.
MAY 18 Active rest. •Stretch.	19 <i>AP TEST DATE</i> VARSIY: 3:15PM EVENT SPECIFIC •Speed Prep SPIKES ON •Event Work: Relay exchanges, block starts, run-throughs, etc. SPIKES OFF •Speed Cool Down	20 <i>AP TEST DATE</i> VARSIY: 3:50PM ACTIVE RECOVERY •Capacity Prep •Active Recovery Activity •Capacity Cool Down	21 <i>AP TEST DATE</i> VARSIY: 3:15PM EXTENSIVE TEMPO •Fitness Prep •8 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=800m) •Fitness Cool Down	22 <i>AP TEST DATE</i> VARSIY: 3:50PM ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	23 <i>AP TEST DATE</i> VARSIY: TBA NCS MOC Trials @ DHS Parent carpool athletes to Dublin HS at time indicated on meet lineup. •Speed Prep COMPETITION •Speed cool down.	24 <i>AP TEST DATE</i> VARSIY: TBA NCS MOC Finals @ DHS Parent carpool athletes to Dublin HS at time indicated on meet lineup. •Speed Prep COMPETITION •Speed cool down.
MAY 25 Active rest. •Stretch.	26 <i>NO SCHOOL</i> VARSIY: 3:15PM EVENT SPECIFIC •Speed Prep SPIKES ON •Event Work: Relay exchanges, block starts, run-throughs, etc. SPIKES OFF •Speed Cool Down	27 <i>FINAL EXAMS</i> VARSIY: TBA ACTIVE RECOVERY •Capacity Prep •Active Recovery Activity •Capacity Cool Down	28 <i>FINAL EXAMS</i> VARSIY: TBA EXTENSIVE TEMPO •Fitness Prep •8 x 100m @ 75% max velocity w/ walk 50m recovery btwn reps. (TDAP=800m) •Fitness Cool Down	29 <i>FINAL EXAMS</i> VARSIY: TBA ACTIVE RECOVERY •Team Meeting / Competition Preview •Fitness Prep •Active Recovery Activity •Fitness Cool Down	30 <i>FINAL EXAMS</i> VARSIY: TBA CIF Trials @ Buchanan HS •Speed Prep COMPETITION •Speed cool down.	31 <i>SAT TEST DATE</i> VARSIY: TBA CIF Finals @ Buchanan HS •Speed Prep COMPETITION •Speed cool down.

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. Overall volume for workout begins at 800m 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 an athlete can run before lactate will shut her down. The resulting benefit is an increase in capacity, improving her ability to perform optimally in multiple events in the same meet, extending her ability to complete greater training volumes in a single session, and extending the point in the 400 before which she hits the wall. 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 it rises up again. The trick is to not spill over. Over time the cup gets bigger. 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. The result is 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 greater 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.