

2018 SPRING TRACK And Field

	Sprinters (short/long)	Hurdlers	Middle Distance	Jumpers	Distance	
WEEK	MON. (ST/E)	TUES. (SP)	WEDS(R/ST)	THURS. (SP)	FRI. (R/C)	SAT: (MEET)
3/19 1	Wu#1 + Game + circuit run + stretch + CD 25-45:00 + Myrtle + stretch	Wu#1 + Plyo + 25:00 run + stretch + CD 25-45:00 + drills + strides	Wu/CD#1 + Core + H.D. + sprint w/u + 2x 3/3/3's MD (1-2x3/3/3) + 20-30:00 20:00 - light fartlek + drills + Myrtle	Wu/CD#2 + Plyo + 25:00 w/fartlek (15sec/2:00jog) 25-45:00 + drills + hills + strides	Wu/CD#2 + Core + starts (5x100 @ 70% all w/blocks: 30m acc. Ladders @ 100% or 1-2 hurdles @ 100%) + Game? 30-40:00 steady run+ drills + strides	Off - (v) 25:00 steady run on own Long 35-80:00 on own
3/26 2	Wu/CD#2 + Plyo + H.D. + sprint w/u + 2-3x 3/3/3's MD (1-2x3/3/3) + 20-30:00 25-45:00 + drills + strides (B/tryouts)	Wu/CD#2 + Plyo + 25:00 Fartlek (30 sec/3:00 jog) + starts (9-12x clearance:2pt-3pt-60m full) (Jumpers - str + tech) Fartlek - Call it + drills+150s (A)	Wu/CD #1 + starts (5x100 @ 70% all w/blocks: 30m acc. ladders @ 100% or 1-2 hurdles @ 100%) + 20:00 jog (Jumpers - str + tech) 25-40 + drills + strides (B/tryouts)	Wu/CD#2 + Core + stations by gender (harnesses-bungees -ladders-plyos) + 20:00 jog 25-45:00 + Hills (B)	Wu/CD#1 + Core + 8-10x150m (5 x first 3 hurdles, finish 100) @70% MD 15:00 + 5-6x400 (3 x last 3 hurdles, full 200 @70%) + 20:00 easy 20:00 WU 3 mile Tempo or Cruise Interv. (Mile + 4-6x800) + drills + hills CD (A)	Optional Stations Long 30-75:00 + strides (developmental)
4/2	Wu/CD #1 + sprint w/u + 10-18x100 (5x first 5)	Wu/CD #2 + Plyo + H.D. + sprint w/u + 2-3x 3/3/3's	Wu/CD #2 + Core + Stations by gender (harnesses-bungees)	Wu/CD #1 + Plyo + 25:00 Fartlek (60 sec @70% w/3:00)	Wu/CD #2 + Core + Stations by gender (harnesses/bungees)	Wu/CD #1 + sprint w/u + 3x3x200 @80% (2x 3x 250m fast)

3	<p>hurdles, finish 100) @80-90% **</p> <p>20:00 + 4-6x400 cruisers (2 x every other hurdle 400 @70% + 2x 400 @70%) + 4x150 (F)</p> <p>20:00(T) + drills + 4-6x200(F)</p> <p>(A)</p>	<p>30-45:00 easy + Drills/Hills + Myrtle</p> <p>(B)</p>	<p>-ladders-batons) + 20:00 jog</p> <p>25-35:00 + drills + strides</p> <p>(B/developmental)</p>	<p>jog) (Jumpers -str + tech)</p> <p>Intervals 200s + 20:00 easy</p> <p>Intervals 400's + 3x200 (F)</p> <p>(A)</p>	<p>/ladders/batons) + 20 min jog</p> <p>30-45:00 + Drills/Hills + Myrtle</p> <p>(B)</p>	<p>[2:00/4:00] [3:00/6:00]</p> <p>Long Run 40-85:00 + strides</p> <p>(B)</p>
4/9 4	<p>Wu/CD #2 + H.D. + sprint w/u + baton passing, blocks</p> <p>25-45:00 + Drills, Hills + Myrtle</p> <p>(B)</p>	<p>Home #1 Milford, Kennett</p>	<p>Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog</p> <p>Long 45-85:00 + 150m strides</p> <p>(B)</p>	<p>Wu/Cd #1 + Core + 20:00 Fartlek (30 sec w/3:00 jog) + starts (9-12x clearance: 2pt-3pt-60m full) (Jumpers - str + tech)</p> <p>15:00 + 6-8x 400(T) + Hills</p> <p>20:00 + 6x800(T) + Hills CD</p> <p>(A)</p>	<p>Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog</p> <p>25-45 + Drills, Hills + Myrtle</p> <p>(B)</p>	<p>Wu/CD #1 + sprint w/u + 10-12x150 (8x180) @80-90% [2:00] (Jumpers - str + tech)</p> <p>4-5x250</p> <p>Intervals 1000s + 3x300 F</p> <p>(A)</p>
4/16 5	<p>Wu/CD#1 + sprint w/u + 12-18x100 (6x first 5 hurdles, finish 100)@85-95% (Jumpers - str + tech)</p>	<p>Home #2 John Stark, West</p> <p>Alternate events, relays - focus for sprinters</p>	<p>Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog</p> <p>30-45:00 + drills/strides</p>	<p>WU/CD #1 + sprint w/u + 6-10(8)x 200 (180) @80-90% [2:00]</p> <p>5x300(F)</p> <p>Intervals 400s</p>	<p>Pre-Meet:</p> <p>Wu/CD #2 + H.D. + sprint w/u + baton passing, blocks</p> <p>25-30:00 + strides + Myrtle</p>	<p>@Merrimack Valley Invite</p>

	<p>4x800 Cruisers(T) (3x every other hurdle 400 @70% + 2x 400 @70%) + 3x 200(F)</p> <p>Tempo: 20:00 w/3x200(F) (A)</p>	Or Long Run...	(B)	3x200F (A)	(Reverse B /developmental)	
4/23	<p>Optional Wu/CD #1 + sprint w/u + 2-3x 5x30(2h)-60(5h)-80(7h) + 1x 6-800 Full Rest!!! w/blocks 2nd set</p> <p>Fartlek 6-8x 2:00 w/2:00 rest(trails) + Hills</p> <p>(A)</p>	<p>Optional Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog</p> <p>Long Run + strides</p> <p>(B)</p>	<p>Wu/CD #1 + sprint w/u + 2-3 x 5x30(2h)-60(5h)-80(7h) + 1x 6-800 Full Rest w/blocks 2nd set</p> <p>Oregon 600s/300s</p> <p>Intervals 1200s 3x300</p> <p>(A)</p>	<p>Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog</p> <p>30-50:00 easy + hills + Myrtle</p> <p>(B)</p>	<p>Pre-Meet: Wu/CD #2 + H.D. + sprint w/u + Baton passing, blocks</p> <p>20-30:00 + strides + Myrtle</p> <p>(Reverse B /developmental)</p>	Black Bear Invite
4/30	<p>Wu/CD #2 + sprint w/u + 10-12x150 (5x first 5 hurdles, finish 100) @80-90%</p> <p>20:00 + 3x 800 Cruisers(T) (3x every other hurdle 400 @70% + 2x 400 @70%)</p>	<p>@Oyster River, MV</p> <p>Alternate events, relays - focus for sprinters</p> <p>Or long</p>	<p>Pre-Meet: Wu/CD #2 + H.D. + sprint w/u + baton passing, blocks</p> <p>20-30:00 + drills +strides + Myrtle</p>	@Clipper Relays	<p>Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog</p> <p>Long Run + strides</p>	<p>Wu/CD #1 + sprint w/u + 2-3x 5x30(2h)-60(5h)-80(7h) + 1x 6-800 Full rest 2nd set out of blocks</p> <p>Oregon 600s/300s</p> <p>Intervals 400s 3x300 F</p>
6						
7						

	20:00 Tempo; Hills or 3x200 F (A)		(Reverse B /developmental)		(B)	(A)
5/7 8* easy week	Wu/CD #2 + sprint w/u + 2-4(5)x 200(180)[200 jog], 2x600[600 jog] @90% (Jumpers - str/tech) 20:00 + 3x 800 Cruisers (2 x every other hurdle 400 @70% + 1x 400 @70%) + 4x 200(F) 20:00(T) + 4x 200(F) (A)	Home #3 Portsmouth, Souhegan Alternate events, relays - focus for sprinters	Pre-Meet: Wu/CD #2 + H.D. + sprint w/u + baton passing, blocks 20-30:00 + strides + Myrtle (Reverse B /developmental)	@Merrimack Inv.	Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog 30-60:00 +strides	Easy 30:00 on your own Long on your own
5/14 9	Wu/CD #2 + sprint w/u + 8-10x 150 (2x 5x 120) @80-90% [2:00] [2:00-6:00] 3-5(7)x 250 (180) @80% [2:00] 20:00 (T) + 4x200 (F) (B)	Wu/CD #1 + sprint w/u + 2-3x 5x30(2h)-60(5h)-8 0(7h) + 1x 6-800 (Blocks 2 nd) Oregon 600s/300s Intervals 1200s/800s (A)	Wu/CD #2 + stations by gender (harnesses-bungees -ladders-batons) + 20:00 jog 30-45:00 + 4x400 or 4x200 goal race pace (B)	Pre-Meet: Wu/CD #2 + H.D. + sprint w/u + baton passing, blocks 20-30:00 + strides + Myrtle (Reverse B /developmental)	@Seacoast Championships	Easy 30:00 Long 50-70:00
5/21 10	Wu/CD #1 + sprint w/u + 8x100 (4x first 5 hurdles,	Wu/CD #2 + stations by gender (harnesses-bungees	Wu/CD#1 + sprint w/u + A or B A: 2x 2x 60(5h) 2x 2x 80(7h)	Wu/CD #2 + stations by gender (harnesses-bungees	Pre-Meet:	Div II(@Kennett)

	finish 100) @80-90% [2:00] 4-6x200 6-8x400(I)	-ladders-batons) + 20:00 jog 50-60:00 + strides + Myrtle	B: 2x 2x 150(120) 2x 2x 50(last 2 hurdles) (Blocks 2nd) Race Simulators	-ladders-batons) + 20:00 jog 30-40:00 + drills + strides	Wu/CD #2 + H.D. + sprint w/u + baton passing, blocks 20-30:00 + strides + Myrtle	
5/28 11	Wu/CD #2 TBA Long + strides	Hard Race Simulators or oregon	Wu/CD #2 TBA 35:00 + strides	Wu/CD #1 1x 5x 30/60/80 30:00 + Pace work	Pre-Meet	MOC@Merrimack
6/4 12	Wu/CD #2 TBA Long + strides	Hard Race Simulators	Wu/CD #2 TBA 20-35:00 + strides	Wu/CD #1 1x 5x 30/60/80 30:00 + Pace work	Pre-Meet	NE@UNH

Warm-ups and Cooldowns

2018

Warm-Up #1: 1600 meter jog/skip + Core Dynamic/Coordination + Sprint Drills

Core Dynamic/Coordination Activation:

1. Leg Swings (Side/Front to Back)
2. Clock Lunges
3. Trunk Rotations
4. Walking Knee Hugs
5. Walking Flamingos
6. Zombies
7. Front/Back Eagles (foot to hand)
8. Scissors Cross Overs (front/back & side to side)
9. Donkey Kicks
10. Side Step Arm Swings

Core Sprint Drills:

1. High Knees
2. Butt Kicks
3. A-Skip
4. B-Skip
5. High-Knee Karioka
6. Long Backward Strides
7. Straight Leg run
8. Fast Claw
9. A-Run
10. Quick feet/sprint

CoolDown: 1600 meter jog + UNH's + Stretching (back)

Warm-Up #2: 1600 meter jog + Strength Dynamic/Coordination and Sprint Drills

Strength Dynamic/Coordination Activation:

1. Walking Lunges
2. Lateral Lunges
3. Knee Circles (both directions)
4. Ankle Circles
5. Leg Circles (straight leg big circles)
6. Squat Walks
7. Toe Serpentine
8. Push-ups x 20
9. Superman/Banana

Strength Sprint Drills:

1. Skip
2. High Skip
3. Single Leg Hop
4. Bounding
5. Double Leg Hop
6. Tuck Jump Hop
7. Split-Squats
8. 30 sec. Line jump
9. Alt. Line Run

CoolDown: 1600 meter jog + UNH's + Stretching (back)

COOLDOWN

1. JOG!

4 lap jog around track or 1 woods loop!!!!

2. Dynamic Cooldown:

Walking Knee Hugs

Walking Flamingos

Walking Baby Hugs

Walking Kenyans

Walking Pendulums

Duck Walk

Leg Swings

3. STRETCH!!!!!!

Right over left>left over right

Flamingos

Hip Stretch

Pretzel Back Stretch Left > Right

Sitting Knee hugs

Lying Knee hugs

Lying Hamstring Stretch (can use strap or rope if available)

Calf Stretch Straight Leg

Calf Stretch Bent Leg

