

TRACK TRAINING PLAN - SPRINTS (50, 100, 200 and 400M)

Welcome to e-Track! In order to help keep our athletes strong, healthy, and active we have created this training plan to follow along with during our time at home. Do your best to complete these activities (or find alternatives in the spirit of the workouts that you can do in your home) outlined below to help you return to the season ready to compete. If anyone has any questions, please email smstrackandfield@stmarybg.org or call/text Coach Miller at 630-508-6518. This guide and more information can be found on our website at www.smbisontrack.com.

Running/Workout Safety:

PLEASE NOTE: These are general rules for running. Obviously follow all guidelines from the CDC, local authorities AND YOUR PARENTS. The most important rule is to stay healthy and safe.

- NEVER WORKOUT ALONE! - if you're running outside, run with a quarantine buddy (mom, dad, siblings)
- NEVER run in the street – use the sidewalk or a trail instead
- NO EAR BUDS while running outside – if you need to listen to music, play it on the phone speaker. Always be aware of your surroundings.
- ALWAYS ask your parents before you go on a run or before you work out
- PLEASE run in areas that are familiar – your neighborhood, park etc.
- DO NOT RUN AT NIGHT – night running is dangerous, and you risk injury in the dark
- BE AWARE OF THE WEATHER – running outdoors in the spring can be a challenge with changing weather conditions – be safe!

Rest and Recovery:

Daily rest and weekly recovery are as important as the running itself - in fact, it may be the most important component! Junior High athletes need 8-10 hours of sleep per night - AND- 1 training day off per week.

Diet - EAT FOOD:

During this quarantine, it'll be easy to want to sit around and snack on unhealthy foods. Also, some foods may not be as readily available as stores close or are avoided. Do your best to continue to maintain a healthy diet during this time. A nutritious, well-balanced diet is essential for your success. AVOID fatty and fried foods as well as carbonated, acidic, or sugary drinks. Foods good to eat during the day include eggs, toast, bagels, waffles, bananas, apples, oatmeal, turkey, chicken, and green veggies. Eat a good, healthy dinner with lean protein and veggies each day. Also, ice cream - ice cream is good for you too. Eat ice cream!

Hydration: “Hydrate to Stay Great!”

DRINK PLENTY OF WATER!! Remember you need to drink at least ½ your body weight in ounces of water daily - yes, hydration matters in quarantine too!!

Shoes:

Good quality, properly fitted, running shoes are the best choice. Other shoes can lead to injury.

WORKOUT PLAN OVERVIEW

	MARCH	APRIL
	Weeks 1-4	Weeks 5-8
Monday	Variable Intervals (80% effort)	Variable Intervals (90% effort)
Tuesday	Speed and Strength Circuit Training	Speed and Strength Circuit Training
Wednesday	Intensity Impact	Intensity Impact
Thursday	Tempo Runs	Tempo Runs
Friday	Race Pace Run	Race Pace Run (x2)
Saturday	Explosiveness / X-Factor	Explosiveness / X-Factor
Sunday	OFF DAY	OFF DAY

Pace:

All the workouts vary in intensity and the pace should follow the workout. That said running should start at an “easy” pace warm-up and then move to the “workout pace”

- **Easy pace:** You can easily talk to someone while you run
- **Moderate pace:** You can still talk while you run, but the talking is harder to do
- **Fast pace:** You can only speak one- or two-word chunks
- **Race pace:** The same speed you would run if you were in a race
- **FULL SPRINT:** Full effort, or more – run tall, pump your arms, flat hands, pick up your knees, dig with your toes, shorten your stride, increase the number of times your feet hit the ground

Alternative Exercises:

Given the current circumstances, we know that not every athlete will be able to complete the activities listed below due to restrictions or health reasons. If you cannot (or choose not to) go outdoors, use home gym equipment/your basement/your stairs/online workout videos. We all may need to get a little creative during this time. Just do your best!

Track Your Progress

After each workout, record what activities you did along with your time and distance so you can see how you are improving. A training log is available on the track site at <https://www.smsbisontrack.com/training-plan> or use one of your own or your favorite app. Just track it!

DAILY WORKOUTS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Variable Intervals	Speed	Intensity Impact	Tempo	Race Pace Run	Explosiveness
Weeks 1-4	Weeks 1-8	Weeks 1-8	Weeks 1-8	Weeks 1-4	Weeks 1-8
<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Speed Interval Workout (80% Max Effort):</p> <p>100M sprint - 100M jog to recover 200M sprint - 200M jog to recover 300M sprint - 300M jog to recover 400M sprint - 400M jog to recover 300M sprint - 300M jog to recover 200M sprint - 200M jog to recover 100M sprint - 100M jog to recover</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Acceleration Fly's Set up cones or any kind of markers at 0, 10, 20, 40M (or 0, 20, 40, 60M if space allows)</p> <p>Brisk jog to the 2nd cone, burst into max speed between 2nd and 3rd cone, then coast to the last one.</p> <p>Walk back. Repeat 4 times.</p> <p>Time Trials Choose ONE of the following and time yourself. Take the average and try to improve next week. Rest to catch your breath between each rep.</p> <p>50M (JV ONLY) - 12 reps 100M - 6 reps 200M - 3 reps 400M - 2 reps</p> <p>Complete the Core & Strength Circuit (see next page) This can be completed at any point during your day. It does not have to be immediately following your workout.</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Speed Interval Workout (Full Effort) Run as far as you can in 27 sec</p> <p>Rest for 3 min between reps</p> <p>Do it again and try to match or improve</p> <p>Try for 8-10 reps or as many as you can.</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>8x200M (60% effort) Take your average 200M time and multiply it by 1.6 to get your target time for this exercise. Try to consistently hit this time for 8 reps.</p> <p>10x100M (60% effort) Take your average 100M time and multiply it by 1.6 to get your target time for this exercise. Try to consistently hit this time for 8 reps.</p> <p>Complete the Core & Strength Circuit (see next page) This can be completed at any point during your day. It does not have to be immediately following your workout.</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Race Pace Run (set a timer and try to hit your goal)</p> <p>Choose ONE of the following and time yourself. Run at RACE PACE.</p> <p>Jog or walk to FULLY RECOVER before you proceed.</p> <p>50M (JV ONLY) - 24 reps 100M - 12 reps 200M - 6 reps 400M - 3 reps</p> <p>Cool Down and Stretch</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Jumps & Plyometrics Choose 5 of the following exercises:</p> <p>Jumping Jacks: 100 Jump Rope: 200 Burpees: 8-10 reps, 2-3 sets Squat Jumps: 10 reps, 2-3 sets Box Jumps: 8-12 reps, 2-3 sets Stairway Hops: 12 steps, 2-3 sets Tuck Jumps: 10-12 reps, 2-3 sets Lateral Bounds: 5-10 reps, 3-5 sets Create Your Own Plyometric Workout....have fun, just be fast!</p> <p>Check out Plyo Exercises on https://www.healthline.com/health/exercise-fitness/plyometric-exercises</p> <p>Cool Down and Stretch (next page)</p>
Weeks 5-8	Weeks 5-8	Weeks 5-8	Weeks 5-8	Weeks 5-8	Weeks 5-8
<p>Warm up jog of 1-Mile</p> <p>Movement Prep (next page)</p> <p>Speed Interval Workout (90% Max Effort):</p> <p>100M sprint - 100M jog to recover 200M sprint - 200M jog to recover 300M sprint - 300M jog to recover 400M sprint - 400M jog to recover 300M sprint - 300M jog to recover 200M sprint - 200M jog to recover 100M sprint - 100M jog to recover</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Race Pace Run (set a timer and try to hit your goal)</p> <p>Choose ONE of the following and time yourself. Run at RACE PACE.</p> <p>Jog or walk to FULLY RECOVER before you proceed.</p> <p>50M (JV ONLY) - 30 reps 100M - 16 reps 200M - 8 reps 400M - 3 reps</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Speed Interval Workout (Full Effort) Run as far as you can in 27 sec</p> <p>Rest for 3 min between reps</p> <p>Do it again and try to match or improve</p> <p>Try for 8-10 reps or as many as you can.</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>8x200M (60% effort) Take your average 200M time and multiply it by 1.6 to get your target time for this exercise. Try to consistently hit this time for 8 reps.</p> <p>10x100M (60% effort) Take your average 100M time and multiply it by 1.6 to get your target time for this exercise. Try to consistently hit this time for 8 reps.</p> <p>Complete the Core & Strength Circuit (see next page) This can be completed at any point during your day. It does not have to be immediately following your workout.</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Race Pace Run (set a timer and try to hit your goal)</p> <p>Choose ONE of the following and time yourself. Run at RACE PACE.</p> <p>Jog or walk to FULLY RECOVER before you proceed.</p> <p>50M (JV ONLY) - 30 reps 100M - 16 reps 200M - 8 reps 400M - 3 reps</p> <p>Cool Down and Stretch (next page)</p>	<p>Warm up jog of 1-Mile</p> <p>Movement Prep (see chart on next page)</p> <p>Jumps & Plyometrics Choose 5 of the following exercises:</p> <p>Jumping Jacks: 100 Jump Rope: 200 Burpees: 8-10 reps, 2-3 sets Squat Jumps: 10 reps, 2-3 sets Box Jumps: 8-12 reps, 2-3 sets Stairway Hops: 12 steps, 2-3 sets Tuck Jumps: 10-12 reps, 2-3 sets Lateral Bounds: 5-10 reps, 3-5 sets Create Your Own Plyometric Workout....have fun, just be fast!</p> <p>Check out Plyo Exercises on https://www.healthline.com/health/exercise-fitness/plyometric-exercises</p> <p>Cool Down and Stretch (next page)</p>
Coach's Tip: Use good form - use a stopwatch to record your times - jog between the intervals to get your wind back - track your progress so you can see what you've achieved!	Coach's Tip: Focus on accelerating up to your top speed as fast as possible. Explosive starts and quick, powerful movements landing on the balls of your feet.	Coach's Tip: Stick To the time interval you want - even IF you can go faster. This will help you learn exactly what that pace feels like so you know in a race.	Coach's Tip: Focus on your form and stamina to recover from the speed training.	Coach's Tip: This workout should mimic a race, as closely as possible. Use good form - concentrate on visualizing the race and imagine yourself WINNING!	Coach's Tip: Have fun on this day. Jump, bounce, find things to leap over. Imagine yourself bolting off the starting line.

DAILY WORKOUT SUPPLEMENTS

Warm Up	Movement Prep	Core and Strength	Cool-Down & Stretch
DO NOT SKIP THE WARM UP	DO NOT SKIP THE MOVEMENT PREP	2-3x Weekly	DO NOT SKIP THE COOL-DOWN AND STRETCH
Weeks 1-8	Weeks 1-8	Weeks 1-8	Weeks 1-8
<p>Slowly jog about 1-Mile</p>	<p>Spend about 15 min completing these exercises.</p> <p>High Knees Walk Zombie Walk Toe Walk Heel (Duck) Walk Jogging Straight Jogging (crossover midline) Jogging (wide legs) Jogging ("S" pattern) Side Shuffle (feet uncrossed) Side Run (back foot in front) Side Run (back foot behind) Carioca Run (alternante feet) Normal Skipping High Skipping/Bounding Running Butt Kicks Open Gate / Close Gate Sprints (2-3; 25 yards)</p>	<p>Warm up jog of 1-Mile (if not already done) Movement Prep (if not already done)</p> <p>Core and Strength Workout Standard/Modified Push-Ups: 15-20 reps Squat: 25 reps Jumping Jacks: 1 min Abdominal Crunches: 30 reps Wall Sits: 2 min--rest 30 sec--3 min Alternating Forward Lunges: 20 reps/leg Abdominal V-Ups: 20 reps Squat Thrusts (aka Burpees): 1 min</p> <p>Other Moves: Pull-ups (narrow, standard, wide grip) Abdominal Planks Body weight shoulder press Forward Lunges Side Lunges Body Weight Dips</p> <p>Cool Down and Stretch</p>	<p>Cool-Down Jog or walk at a quick pace for several minutes immediately after your core daily workout from the chart below.</p> <p>Stretch Out: Go slow and count to 15 for each stretch for flexibility and injury prevention</p> <p>Standing Hamstring Stretch: 10 count, each leg</p> <p>Standing Quad Pull: 10 count, each leg</p> <p>Standing Leg Hug: 5 count, each leg</p> <p>Newspaper Stretch: 10 count, each leg</p> <p>Side Bend/Stretch: 10 count, per side</p> <p>Calf Stretch (standing or laying): 10 count, each leg</p> <p>Shoulders/Arms Stretch: 10 count, each arm</p> <p>Starfish: 25 count (you earned it!)</p>
<p>Coaches Tip: DO NOT SKIP THE WARM UP JOG! Warming up your muscles and getting your heart rate up is critical to a successful workout.</p>	<p>Coaches Tip: DO NOT SKIP THESE MOVES! They help improve your form and warm your muscles to prevent injury.</p>	<p>Coach's Tip: ALWAYS use good form! If you do the exercise correctly, you WILL see results!</p>	<p>Coach's Tip: The cool-down & stretch phase is almost more important than the workout! Concentrate on hip flexibility and USE GOOD FORM!</p>

Core & Strength Training Circuit:

GO SLOW and use GOOD FORM!! Varsity athletes should work for 2-3 sets of the following circuit, while JV should work for 1-2 sets, three times a week (rest 30-60 seconds between sets). Athletes should use their body weight for these exercises. If you use the proper form/technique and you move slowly, body weight is all you need. *(Hand held weights of up to 10lbs can be used for more advanced athletes. Use of weights should only be used under adult supervision!)*

Standard Push-Up: 10 – 20 reps

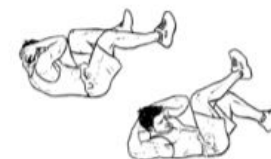


(modified pushups are great too!)

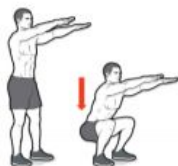
Wall Sits: 2 mins – rest 30 seconds – 3 mins



Abdominal Crunches: 30 reps



Squat: 25 reps



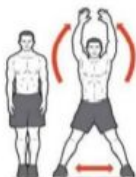
Alternating Forward Lunges: 20 Reps/leg



Squat Thrusts (aka Burpees): 1min



Jumping Jacks: 1 minute



Abdominal V-Ups: 20 reps

