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# Training Theory – The How

"You can't use an old map to explore a new world"

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@chrisparno
@Chris_Parno

Big ideas. Real-world thinking.

1

# The Background

- **University of Minnesota – Duluth**
  - < B.S. Physical and Health Education
  - < Coach – John Fulkrod
  - < Sprints/Hurdles/Multi
- **Augustana University – Sioux Falls, SD**
  - < M.A. Sports Administration
  - < Jim Vahrenkamp/Tracy Hellman
  - < Graduate Assistant Sprints/Hurdles/Jumps
- **Minnesota State University (2012)**
  - < Associate Head Coach
  - < Sprints/Hurdles/Relays
  - < Recruiting Coordinator

Mentors/Influences

- **Charles Clinton – USATF**
- **Boo Schexnayder - USTFCCCA**
- **Kebba Tolbert – Harvard**
- Mark Mangiacotti – Harvard
- Tony Veney - USATF
- Gabe Sanders – Boston
- Andreas Behm – Altis
- Dan Pfaff – Retired
- Jim Vahrenkamp – UND
- Ernie Clark – NAU
- Sammy Dabbs – Private sector
- Justin Wickard – Tier1Athlete

"Brain to pick, an ear to listen, and a push in the right direction"

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2

# History of Professional Development

- **USATF**
  - < **Level 1** Certification (2011)
  - < Emerging Elite Sprint/Hurdles Coach Clinic (2014)
  - < **Level 2** Certification (2015)
    - ✓ Sprints/Hurdles/Relays (2015)
    - ✓ Jumps/Multi (2016)
  - < **Level 3** Certification - Sprints (2017)
  - < USATF Instructor Training – (2018)
  - < USATF Mid-American Regional Education Coordinator
    - ✓ Level 1 Schools Director
  - < Level 2 Instructor (2022, 2023)
  - < Level 3 Advisor (2023)
- **USTFCCCA**
  - < Technical Certification (2011)
    - ✓ Tech Cert Instructor
  - < Track and Field Program Management Certification (2013)
  - < Sprint, Hurdle, and Relay Event Specialist (2013)
  - < Combined Events Specialist (2014)
  - < Strength and Conditioning Advanced Endorsement (2015)
  - < Short Sprints Masters Endorsement (2017)
  - < Hurdle Masters Endorsement (2018)
- **IAAF**
  - < Level 5 certification (2017) – Sprints
- **Altis**
  - < Short Sprints Course (2020)
  - < Hurdle Course (2021)

U.S. TRACK & FIELD AND CROSS COUNTRY COACHES ASSOCIATION

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3

# Plan for Today!

- **Distribution of training themes throughout annual plan**
- **Basic periodization models**
  - < Building your plan; Weekly, Monthly, Annual Planning
  - < Testing, meets, championships
- **High School vs. College schedule (accelerated plan)**
  - < How can we incorporate "preseason work" or other sports
- **Specific training plans**
  - < Matching themes
  - < Complimentary
  - < Compatible

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4

# The Nuts and Bolts…Where do we start?

- **Know training theory (part 1)**
- **Backwards planning from end goal (annual)**
- **Setting up season (macro)**
  - < 1 vs 2 peaks
- **Setting up mesocycles (4-6 weeks) to progressively build towards end goal**
- **Sorting out weeks based on meso theme's (microcycle)**
- **Planning out daily sessions with compatible training to theme (session)**

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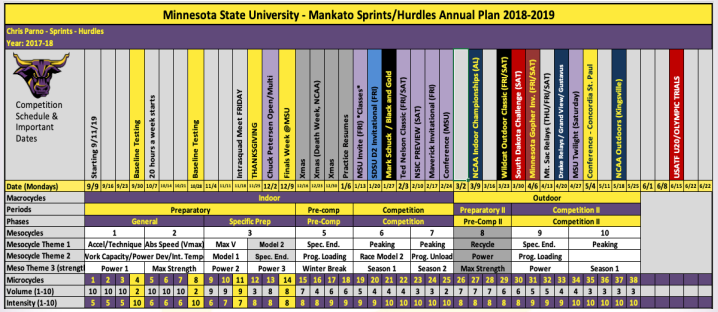
5

## What are we building towards…Backwards Planning
## What are we looking for when we plan?



**Minnesota State University - Mankato Sprints/Hurdles Annual Plan 2018-2019**

Chris Parno - Sprints - Hurdles
Year: 2017-18

| Competition Schedule & Important Dates | Starting 9/11/19 | | | Baseline Testing | 20 hours a week starts | | | Baseline Testing | | | Intrasquad Meet FRIDAY | THANKSGIVING | Chuck Petersen Open/Multi | Finals Week @MSU | Xmas | Xmas (Death Week, NCAA) | Xmas | Practice Resumes | MSU Invite (FRI) "Classes" | MSU D2 Invitational (FRI) | Mark Schmitz / Black and Gold | Red Nelson Classic (FRI/SAT) | MSC PREVIEW (SAT) | Maverick Invitational (FRI) | Conference (MSU) | NCAA Indoor Championships (AL) | Wildcat Outdoor Classic (FRI/SAT) | South Dakota Challenge (SAT) | Minnesota Gopher Inv. (FRI/SAT) | Mt. Sac Relays (THU/FRI/SAT) | Drake Relays / Grand View/ Gustavus | MSU Twilight (Saturday) | Conference – Concordia St. Paul | NCAA Outdoors (Kingsville) | | USATF U20/OLYMPIC TRIALS | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date (Mondays) | 9/9 | 9/16 | 9/23 | 9/30 | 10/7 | 10/14 | 10/21 | 10/28 | 11/4 | 11/11 | 11/18 | 11/25 | 12/2 | 12/9 | 12/16 | 12/23 | 12/30 | 1/6 | 1/13 | 1/20 | 1/27 | 2/3 | 2/10 | 2/17 | 2/24 | 3/2 | 3/9 | 3/16 | 3/23 | 3/30 | 4/6 | 4/13 | 4/20 | 4/27 | 5/4 | 5/11 | 5/18 | 5/25 | 6/1 | 6/8 | 6/15 | 6/22 | 6/22 |
| Macrocycles | Indoor | | | | | | | | | | | | | | | | | | | | | | | | | Outdoor | | | | | | | | | | | | | | | | |
| Periods | Preparatory | | | | | | | | | | | | | | | | | Pre-comp | | | | Competition | | | | Preparatory II | | | | Competition II | | | | | | | | | | | | |
| Phases | General | | | | | | | | Specific Prep | | | | | | | | | Pre-Comp | | | | Competition | | | | Pre-Comp II | | | | Competition II | | | | | | | | | | | | |
| Mesocycles | 1 | | | | 2 | | | | 3 | | | | | | | | | 5 | | | | 6 | | | 7 | 8 | | | | 9 | | | | | 10 | | | | | | | |
| Mesocycle Theme 1 | Accel/Technique | | | | Abs Speed (Vmax) | | | | Max V | | | | Model 2 | | | | | Spec. End. | | | | Peaking | | | | Recycle | | | | Spec. End. | | | | | Peaking | | | | | | | |
| Mesocycle Theme 2 | Work Capacity/Power Dev/Int. Temp | | | | | | | | Model 1 | | | | Spec. End. | | | | | Prog. Loading | | | | Race Model 2 | | | | Prog. Unload | | | | Power | | | | | Prog. Loading | | | | | | | |
| Meso Theme 3 (strength | Power 1 | | | | Max Strength | | | | Power 2 | | | | Power 3 | | | | | Winter Break | | | | Season 1 | | | | Season 2 | | | | Max Strength | | | | | Power | | | | | Season 1 | | |
| Microcycles | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | | | | | |
| Volume (1-10) | 10 | 10 | 10 | 2 | 10 | 10 | 10 | 2 | 9 | 9 | 9 | 3 | 8 | 8 | 7 | 4 | 6 | 6 | 5 | 4 | 4 | 4 | 3 | 3 | 2 | 7 | 7 | 7 | 6 | 6 | 5 | 5 | 4 | 4 | 3 | 3 | 3 | 3 | | | | | |
| Intensity (1-10) | 5 | 5 | 5 | 10 | 5 | 5 | 5 | 10 | 6 | 7 | 7 | 8 | 8 | 8 | 8 | 8 | 9 | 9 | 9 | 9 | 10 | 10 | 10 | 10 | 10 | 8 | 8 | 8 | 8 | 8 | 9 | 9 | 9 | 10 | 10 | 10 | 10 | 10 | | | | | |

Example of 41 Week Collegiate Season

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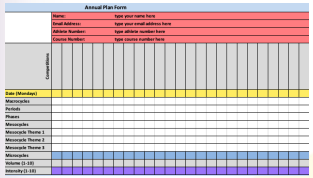
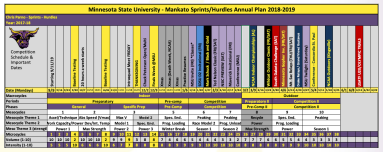
6

# Annual Planning General Thoughts





- **What we need to fill in the blanks…**
  - Length of season
  - How many peaks? Seasons? (indoor, outdoor)
  - Separate championships?
    - HS vs. College
  - Important dates – qualifying procedures
  - Length of progressive building through training themes

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7

## What is a Period?

- **1 Preparatory**
  - < General Prep (conditioning) and Specific Prep
  - < Learning aspects of success in events, teaching technical models and race plans
- **2 Competition**
  - < Competition is in the forefront
  - < Training is recovery in nature with increased focus on calculated sessions directly contributing to event success

## What is a Phase?

- **General Prep**
  - < "conditioning" phase vs. "teaching" phase
  - < 1-2 weeks for high school, or use S&C/winter sports
- **Specific Prep**
  - < Introduction of event specific needs…blocks…technical proficiencies
- **Pre-competition**
  - < Race strategy, progressing training needed for comp phase
- **Competition**
  - < Important competitions, "peaking", focus shifts to performance

Length of Phase/Periods are dictated by level of athlete and length of season

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8

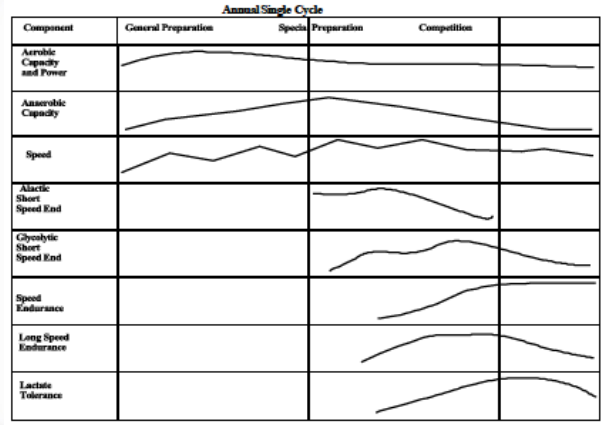
# Myles Hunter Outdoor Plan

**Post Indoor National Record – Similar length to HS plan**

| Myles Hunter Outdoor Plan | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Name: | Myles Hunter | | | | | | | | | | | | | | | | | | |
| Email Address: | christopher.parno@mnsu.edu | | | | | | | | | | | | | | | | | | |
| Competitions | Emporia State | | Mt. Sac Relays | | Drake Relays | | Outdoor Conference | Outdoor Nationals | | | | | Olympic Trials (July 8th) | Olympic Trials (July 8th) | | | | | |
| Date (Mondays) | 3/21 | 3/28 | 4/4 | 4/11 | 4/18 | 4/25 | 5/2 | 5/9 | 5/16 | 5/23 | 5/30 | 6/6 | 6/13 | 6/20 | 6/27 | 7/4 | 7/11 | | |
| Macrocycles | Outdoor Season | | | | | | | | | | | | | | | | | | |
| Periods | Prep | | | Competition | | | | | | | | | | | | | | | |
| Phases | Spec Prep | | Pre-Comp | | | | Comp | | | | | | | | | | | | |
| Mesocycles | 1 | | 2 | | | | 3 | | | 4 | | | 5 | | | | | | |
| Mesocycle Theme 1 | Speed/WC | | Speed End/Rhythm | | | | Peaking | | | Trans | | | Peaking | | | | | | |
| Mesocycle Theme 2 | Rhythm work | | Over distance hurdle | | | | Peaking | | | Trans | | | Peaking | | | | | | |
| Microcycles | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Volume (1-10) | 10 | 10 | 10 | 2 | 8 | 8 | 8 | 5 | 4 | 3 | 7 | 7 | 6 | 5 | 4 | 3 | 3 | 3 | 3 |
| Intensity (1-10) | 6 | 7 | 7 | 10 | 7 | 7 | 7 | 8 | 9 | 10 | 6 | 6 | 8 | 8 | 9 | 10 | 10 | 10 | 10 |
| Please Enter Comments or Explanations in the Rows Below: | | | | | | | | | | | | | | | | | | | |
| Major focus on outdoor nationals and trials - must hit qualifying time before outdoor nationals-1st round of 110h at trials is 7/8 | | | | | | | | | | | | | | | | | | | |
| Secondary goal of having undefeated season | | | | | | | | | | | | | | | | | | | |
| Dream Goal - to better the blemish on your tfrrs page of 1:00.32 in the 400m hurdles | | | | | | | | | | | | | | | | | | | |

9

# Distribution Through Single Peak

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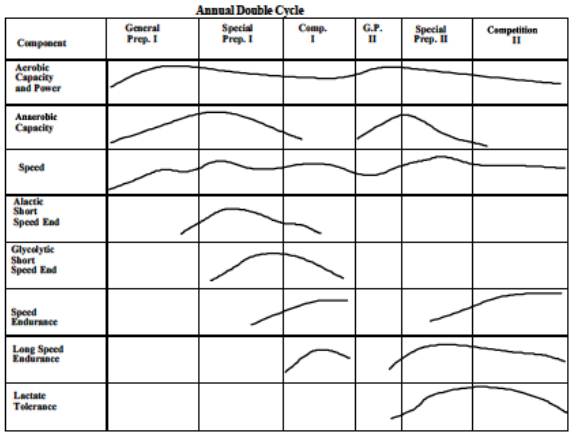
10

# Distribution Through Double Peak

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11

# Mesocycles

- **Segments of training based on progressive/blocked themes**
- **Can be anywhere from 2-6 weeks based on schedule**
  - < 6 week are usually two segments of 3
  - < 4 week seems to be most common
- **Training intensities generally progress through meso, towards end goal**
  - < Where are we progressing to?
- **Last week in each block is usually some sort of rest/restorative.**
  - < Rest is mixed throughout Micro's
  - < Allow for adaptation
- **Can be block or rotational set up (or combination of)**

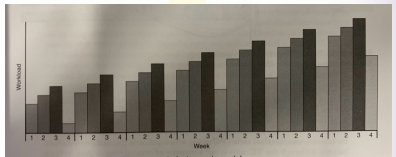
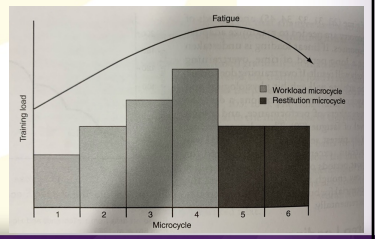



**Figure 2.9** Loading paradigm for a summated microcycle model.
This depiction of a summated microcycle utilizes a 3:1 loading paradigm, with the highest level of fatigue in week 3. There is a pattern of loading, with week 1 representing strength-endurance, week 2 representing maximum strength, week 3 representing speed strength, and week 4 representing restoration training. The training stimuli are reintroduced in a cyclic pattern, allowing a specific stimulus to be reintroduced at regular intervals.

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12

## Styles of Mesocycle Design

**Block**

- Mesocycles each with a specific theme
- Concurrent plan within each block

**Rotational**

- Mesocycles comprised of themed micro cycles
- Themes reoccur in each mesocycle



13

## Progressions of Meso Themes

**DON'T overthink this**

- **General to Specific**
- **Simple to Complex**
- **Capacity to Power**
- **Prog Load to Prog Unload**
- **Work Capacity to Race Model**

Acceleration > Speed Development > Speed Endurance

Continuous Tempo* > Extensive Tempo > Intensive Tempo > Special Endurance

In Place jumps > Baby Bounds > Speed Bounds

Gen Strength > Power Dev > Absolute Strength > Reactive Strength

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14

## Micros Cycles (7-10 day)

15

## Microcycles – The Art Starts

- **Holistic Concerns**
  - < **Compatible Training (session concern)**
    - ✓ Enhancement when combined
  - < **Complimentary Training**
    - ✓ Selecting order/themes to enhance overall effect
- **How are daily sessions within these grouped?**
  - < Neuromuscular demand
  - < Metabolic/Energy demand
  - < Power Output
  - < Technical Commonality
  - < Rhythmic Demand

***ORDER***

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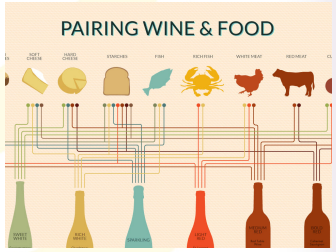
16

## Grouping by Neuromuscular Demand

- **Group modalities by intensity**
  - < High pairs w/ high
  - < Low pairs w/ low
  - < Proper recoveries
- **Examples**
  - < Speed Dev/multi-jumps
  - < Speed Dev/Olympic lifts
  - < Speed Dev/multi-throws
  - < General strength/med ball circuit
  - < Tempo running/circuit lifting






## Grouping by Metabolic/Energy Demand

- **Alactic w/alactic (high neural demand)**
  - < Appropriate rest to continue alactic theme
- **High glycolytic w/ high glycolytic**
  - < High intensity circuits early season
  - < Straight leg bounds/w tempo runs
- **Mild glycolytic w/ mild glycolytic**

## Grouping by Power Output

- **Short vs. long power output timeframes**
  - < Glycolytic circuit vs. Power circuit
    - ✓ Rest times, intent
- **Lifting**
  - < Do we pair with a multi-jump?
  - < Circuit style vs. power lifting
- **What's the goal? Pair from there**

## Grouping by Technical Commonality

- **Further engrain technical "teaching" moment**
  - < Accel dev/sled pulls
  - < Accel dev/lateral hops/jumps
  - < Speed dev/vertical jumps
  - < Block dev/single plyo's
  - < Accel dev/double support multi-throws
  - < Complex's (Gabe Sanders)
  - < Etc.

## Rhythmic Demand

- **Can assist with skill acquisition**
- **Assists athletes with connecting the dots of new skill**
  - < Heavier sleds/acceleration dev
  - < Wickets/max velocity
  - < 1-3 step hurdle drills/hurdle sessions
  - < Bounding/accel dev
- **How do we include rhythm?**
  - < How do we cue it?
  - < Similar cues?
- **How to we teach it?**
  - < Easier to connect the dots in jumps (bounds)?

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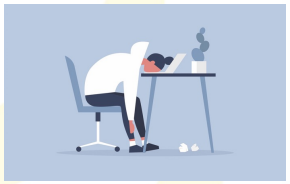
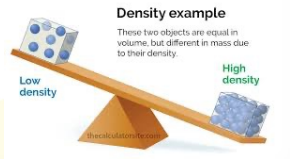
21

## Density/Complexity/Psychological

- **Density**
  - < How often a skill or theme is being addressed
- **Complexity**
  - < Degree of Demand/Intensity - coordination
- **Psychological**
  - < Think of the athlete when addressing these two topics



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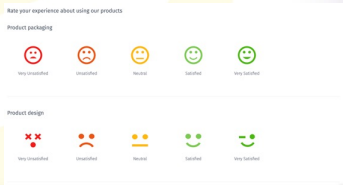
22

## Quantifying and Indexing

- **Planning and recording training volumes**
  - < Sets/reps
  - < # of meters ran
  - < Weight lifted
  - < Foot contacts
  - < Time spend working
- **Intensities**
  - < Objectively:
    - ✓ % of lifting PR
    - ✓ % of PR performance
  - < Subjectively:
    - ✓ Assigning intensities on likert scale/1-10/verbiage/color code
    - ✓ Understanding progressive intensities of activity (ex: jumps)

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23

## Contrast and Rest In Setting Up Micro's (week)

- **Adaptations happen when stressed in specific fashion, with subsequent rest**
  - < Repeated stress without proper rest will send athletes into regression within that specific theme
- **Neuromuscular rest**
  - < 48-72 hours recovery after session (based on intensity/volume)
  - < 1 day of recovery after one session
  - < 2 days of recovery after two consecutive sessions
    - ✓ Deeper/shallower in the pool
- **Metabolic/Tempo rest**
  - < 24 hours is usually suffice depending on overall volume
  - < Easier to double up metabolic days (extensive/intensive)
- **Generally alternate days depending on goal of the micro cycle.**

- **Example 1**
  - < Monday: Neural
  - < Tuesday: Tempo
  - < Wednesday: Rest
  - < Thursday: Neural
  - < Friday: Tempo
- **Example 2**
  - < Monday: Neural
  - < Tuesday: Rest
  - < Wednesday: Neural
  - < Thursday: Tempo
  - < Friday: Neural

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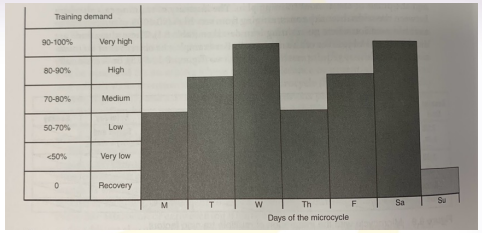
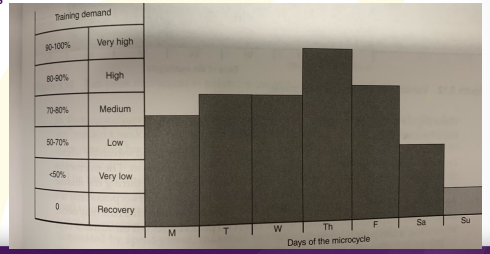
24

**Two Peak Micro**




Track Volumes & Intensities

**One Peak Micro**

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25

**Single Competition Week**

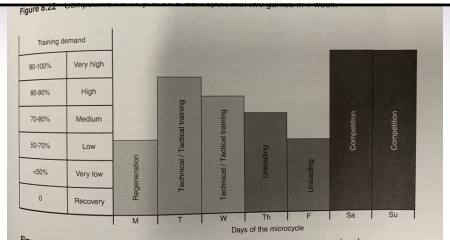


Figure 8.23 Competitive microcycle for a team sport with two games in one weekend.

Track Volumes & Intensities

**Double competition week**

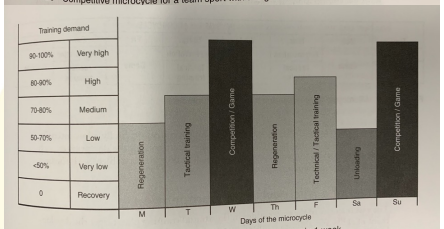


Figure 8.22 Competitive microcycle for a team sport with two games in 1 week.

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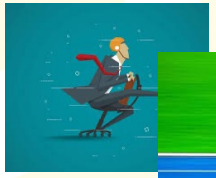
26

## Sequencing Speed Dev Micros W/I Mesos

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| ABSOLUTE SPEED | 20-80m | Speed (s) Anaerobic power | Anaerobic Alactic | 90-95% 95 - 100% | 3-5 / 6-8 min 3-5 / 6-8 min | 300-800m 300-500m | 300-900m 300-600m |
| SPEED ENDURANCE | 50-80m | Alactic Short Speed End. (ASSE) | Anaerobic Alactic | 90 - 95% 95 - 100% | 1-2 / 5-7 min 2-3 /7-10 min | 300-800m 300-800m | 600-1200m 600-1200m |
| SPEED ENDURANCE | 80m | Glycolytic Short Speed End. (GSSE) | Anaerobic Glycolyte | 90 - 95% 95 - 100% | 1 / 3 min 1 / 4 min | 300-800m 300-800m | 600-1200m 600-1200m |
| SPEED ENDURANCE | 0-150m | Speed Endurance (SE) | Anaerobic Glycolyte | 90 - 95% 95 - 100% | 5 - 6 min 6 - 10 min | 300-900m 300-600m | 400-1000m 400-800m |

- **Review**
  - < Accel Dev 0-40m (dependent)
  - < Absolute Speed Development 30-80m
  - < Speed Endurance up to 150m (technique focused)
- **Progressive building, look for proficiency before moving on**
  - < Deeper/Shallower in the same pool



MINNESOTA STATE UNIVERSITY MANKATO

27

## Sequencing Endurance Micros W/I Mesos

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| ^ | SPECIAL ENDURANCE I | 150-300m | Long Speed Endurance (LSE) | Anaerobic Glycolyte | 90 - 95% 95 - 100% | 10 - 12 min 12 - 15 min | 600-900m 300-900m | 600-1200m 300-1000m |
| ^ | SPECIAL ENDURANCE II | 300-600m | Lactic Tolerance (LAT) | Lactic Acid Tolerance | 90 - 95% 95 - 100% | 15 - 20 min Full | 300-600m 300-600m | 900-1200m 300-900m |
| ^ | INTENSIVE TEMPO | 100-600m | Anaerobic Capacity (ANC) | Mixed: Aerobic Anaerobic | 80 - 89% | 30s - 5 / 3-10 min | 800-1800m | 1000-2800m |
| ^ | EXTENSIVE TEMPO | 200-800m 100-200m | Aerobic Capacity (AC) | Aerobic Aerobic | 40 - 79% 60 - 79% | 45 - 2 min 30s / 2-3 min | 1400-2500m 1400-1800m | 2400-4000m 1800-3000m |
| ^ | CONTINUOUS TEMPO | 1600-6400m | Aerobic (AC) | Aerobic | 40 - 60% | Heart Rate 130-150 | 1600-3200m | 3200-6400m |

- Building through tempo w/ building intensity
- Some sort of tempo/aerobic work year round
- Special Endurance = Taxing

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28

# Sequencing Weekly Micro's
## Gen Prep, Spec Prep, Pre-Comp, Comp

N=Neural
T=Tempo
R=Rest
G=General

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29

# N/T/R/N/T – General Prep

**Monday September 16, 2019**
1:00 PM - 6:00 PM Practice (outdoors) at Myers Field House
*(Men: 1:00pm Practice (2:30pm lift)*
*Women: 2:30pm Practice (4:15pm lift))*

**Maverick 5 (early season rudiment)**
1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy Carioca (big hip twist)
1 x 2 x 30 x Easy Skips w/arm
1 x 2 x 30 x Lunge w/toe drag (low heal recovery)
1 x 2 x 20 x Zombie Walks (build though)
1 x 2 x Leg Swings (front/back/side x10)
1 x 2 x 20 x Single Leg A-March (both sides)
1 x 2 x 20 x Single Leg A-Skip (both sides)
1 x 2 x 20 x A-March/A-Skip (quick skip)
1 x 2 x 30 x Toe Walk Down/Heal Walk Back
1 x 2 x 20 x B March (alternating)
1 x 2 x 20 x B Skip (alternating)
1 x 2 x 20 x Double A-Skip (RL-RL-LL-LL)
1 x 2 x 20 x A/B alternating skips (AS, AS, BS, BS)
1 x 2 x 20 x Walking calf stretch (both legs)
1 x 2 x 20 x Schuster's (up & outs)
1 x 2 x 20 x Up, Out, Through
1 x 2 x 10 x High Knee's (high turn over)
1 x 2 x 30 x Straight Leg Bound (small and quick)
1 x 2 x 30 x Showtimes (large ROM)
1 x 2 x 50 x Progressive straight leg builds

**Week 2 A**
**Wall attacks w/low heal (hip origination)**
2 x 10 x 0 x Banded hip throughs - posted
1 x 5 x 20 x Toe Trap Drill from 3 pt. accels
1 x 5 x 30 x Accelerations from drop in start w/low heal
**Recovery 2-3m**
**Baby Bounds #4**
1 x 2 x Double Leg Bunny Hops x2
1 x 2 x Sideways, two forward one back (x2-1x both sides)
1 x 2 x Single Leg Bounds (x2 over lengthened hurdles)
1 x 15 x Box jumps from floor (technique jumps)
1 x 4 x Hurdle hops over foldable hurdles (x4 total - tall and under control)

2:30 PM - 6:00 PM LIFTING at Taylor Center Weight-room
*(2:30pm - Men's lifting (post practice)*
*4:00pm - Women's lifting (post practice))*

**Tuesday September 17, 2019**
1:00 PM - 6:00 PM Practice (outdoors) at Myers Field House
*(Men: 1:00pm Practice (2:30pm lift)*
*Women: 2:30pm Practice (4:15pm lift))*

**Mobility Jog #1**
1 x 1 x 50 x Side Shuffle Left w/arms
1 x 1 x 50 x Running Weave
1 x 1 x 50 x Backwards
1 x 1 x 50 x Side Shuffle Right w/arms
1 x 1 x 50 x Arm Circles
1 x 1 x 50 x Arms Across
1 x 1 x 50 x Skip Lunges
**Dribble Series #1**
1 x 2 x 40 x Marching A's / A Skips
1 x 2 x 40 x Marching B's / B Skips
1 x 2 x 40 x C Skip Pick-ups
1 x 2 x 40 x Dribble Ankle w/o Arms
1 x 2 x 40 x Dribble Ankle w/Arms
1 x 2 x 40 x Dribble Calf w/o Arms
1 x 2 x 40 x Dribble Calf w/Arms
1 x 2 x 40 x Dribble Knee w/o Arms
1 x 2 x 40 x Dribble Knee w/Arms

**Week 2 (tempo)**
**Back and forth on cone 150m curve**
**Short Sprinters (half circle tempo)**
3 x 3 x 150 x M: 22.5-25 W: 25-28
**Recovery: 1:30/3**
**Hybrid Group (half circle tempo)**
3 x 4 x 150 x M: 22.5-25 W: 25-28
**Recovery: 1:30/3**
**Long Sprinters (half circle tempo)**
3 x 5 x 150 x M: 22.5-25 W: 25-28
**Recovery: 1:30/3**
**Long/Long Sprinters (half circle tempo)**
3 x 6 x 150 x M: 22.5-25 W: 25-28
**Recovery: 1:30/3**
**Hurdle Mobility #1**
1 x 2 x Right Leg lead/Left Leg
1 x 2 x R/L Alternate
1 x 2 x Over/Under Alternate Sides
1 x 2 x 2 forward 1 back

**Wednesday September 18, 2019**
1:00 PM - 6:00 PM Weekly Meeting at TBD
*(Weekly meeting during practice times, choose one meeting time with lifting directly after! )*

2:30 PM - 6:00 PM LIFTING at Taylor Center Weight-room
*(2:30pm - Men's lifting (post practice)*
*4:00pm - Women's lifting (post practice))*

**Thursday September 19, 2019**
1:00 PM - 6:00 PM Practice (INDOORS) at Myers Field House
*(Men: 1:00pm Practice (2:30pm lift)*
*Women: 2:30pm Practice (4:15pm lift))*

**Maverick 2 (Max Velocity)**
1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy skip with arm cross
1 x 2 x 30 x Backward skip 20m w/run-out
1 x 2 x 30 x Up / Out / B-skip (Advanced Schuster's)
1 x 2 x 20 x A switch w/ balanced pause
1 x 2 x 20 x A switch w/3 bounce (switch, 3 bounce, switch)
1 x 2 x 20 x A switch - 3's (switch, switch, switch, pause)
1 x 2 x 20 x A switch - 2's in to dribble knee (switch, bounce, switch, bounce)
1 x 2 x 10 x High Knee's (high turn over)
1 x 2 x 30 x Quick Fire (Every two step)
**Dribble Series #1**
1 x 2 x 40 x Dribble Ankle w/o Arms
1 x 2 x 40 x Dribble Ankle w/Arms
1 x 2 x 40 x Dribble Calf w/o Arms
1 x 2 x 40 x Dribble Calf w/Arms
1 x 2 x 40 x Dribble Knee w/o Arms
1 x 2 x 40 x Dribble Knee w/Arms
1 x 3 x 30 x 1,000 step drill w/resistance (dribble knee) 30m
**Wicket Series #1**
1 x 4 x 40 x Maverick Wickets
**12-16 total Wickets - Run Tall!**
**Wk 2 B (19)**
0 x Wall Drill w/low heal (hip origination)
0 x Toe Drag Drill - (2 drags and run out)
0 x Toe Trap Drill from 3 pt.
0 x Banded hip throughs - posted

1 x 4 x 20 x Light Sled Pull from 2pt roll over
1 x 6 x 30 x Accelerations from 3pt. in flats
**Recovery 2-3m**

**Friday September 20, 2019**
6:30 AM - 6:00 PM Hills (6:30am/8:00am) at Val Imm Hill (meet at hill)
*(MEET AT THE HILL THIS YEAR!!*
*pick between 2-practice times (6:30am and 8:00am)*
*LIFT directly after!)*

**Week 1/2 (Friday) 6:30am/8:00am**
**MEET AT HILL (Val Imm) - Warm-up in parking lot**
**Group 1 - Short Sprinters**
1 x 3 x 150 x 70% effort M: 24-26 W: 26-28
1 x 6 x 100 x 70% effort M: 16-18 W: 18-20
**Recovery: 3/1:30-2**
**Group 2 - Long Sprinters**
1 x 6 x 150 x 70% effort M: 24-26 W: 26-28
1 x 6 x 100 x 70% effort M: 16-18 W: 18-20
**Recovery: 3/1:30-2**
**Group 3 - Long Long Sprinter**
1 x 4 x 200 x 70% effort
1 x 6 x 150 x 70% effort M: 24-26 W: 26-28
**Recovery: 3/1:30-2**
**Recovery Can Be Longer Between Different Distances**

7:30 AM - 6:00 PM Friday Weightroom at Taylor Center Weightroom
*(7:30am - First group lifting time*
*9:00am - Second group lifting time)*

**Saturday September 21, 2019**
*(Enjoy! No workout today for you)*

**Sunday September 22, 2019**
*(Enjoy! No workout today for you)*

30

# N/T/N/R/T-G – Specific Prep

**Monday November 11, 2019**
1:00 PM - 6:00 PM PRACTICE at MYERS FIELD HOUSE
*(BE ON TIME AND READY TO GET BETTER!!*
*19 DAYS UNTIL THE INTRASQUAD!!!)*

**Maverick 3 (Acceleration)**
1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy Carioca (big twists)
1 x 1 x 30 x Lunge with toe drag through
1 x 2 x 20 x Marching 1 (Low A)
1 x 2 x 20 x Marching 2 (Low B)
1 x 2 x 20 x A Skip (Low)
1 x 2 x 20 x B Skip (Low)
1 x 1 x 60 x Static Toe Stretch w/ Push Out (hold 4 sec)
1 x 1 x 60 x 4 bounce w/ Push Out
1 x 1 x 60 x 4 bounce Inside Out Toe Bounces w/ Push Out
1 x 2 x 50 x Straight Leg Bound (20m transition)
1 x 2 x 30 x Quick Fire (Every two step)
1 x 2 x 40 x Skip for distance
1 x 2 x LEG SWINGS (for/back - lateral) (10 swings each direction)
1 x 2 x 60 x Build-ups
**Week 9 A**
**Short/Long Sprinters**
1 x 5 x 30 x Block Start Accels (OFF THE TURN)
1 x 3 x 60 x Block Start Accels (OFF THE TURN)
1 x 1 x 80 x AFAP off the turn (TECHNIQUE)
**3 minutes recovery**
**Short Hurdles**
1 x 3 x 10 x Starts to 1h (each hurdle cheated back one foot progressively)
1 x 3 x 20 x Starts to 2h (each hurdle cheated back one foot progressively)
1 x 3 x 40 x Starts to 4h (each hurdle cheated back one foot progressively)
1 x 3 x 30 x Block Starts w/o hurdles
1 x 1 x 80 x AFAP off the turn (TECHNIQUE)
**3 minute recovery**
**Long Hurdles**
1 x 1 x Hurdle Warm-up
1 x 5 x 30 x Block Starts Accel (OFF THE TURN)
1 x 3 x 60 x Block Starts Accels (OFF THE TURN)
1 x 1 x 80 x AFAP off the turn (TECHNIQUE)
**3 minute recovery**
**VERSA 1**
2 x 10 x 20 x VERSA BAND Side Lunge - Both Ways
2 x 10 x Stationary VERSA BAND forward toe taps
2 x 10 x Stationary VERSA BAND backwards toe taps

2:30 PM - 6:00 PM Weights at Taylor Center Weightroom
*(AFTER practice)*

2:30 PM - 6:00 PM HURDLES at Myers Field House
*(COME to 2:30pm Practice)*

**Maverick Hurdle #1**
1 x 2 x 0 x Seated Form Drill
1 x 2 x 0 x Static Lead Legs (Don't touch the hurdle)
1 x 2 x 0 x Wall Drill - Leads
1 x 2 x 0 x Knee To Trail Shots
1 x 2 x 0 x Trail Slides
1 x 2 x 0 x Trail Circles (hold at 12)
1 x 2 x 0 x Falling over hurdle cycles
1 x 2 x 0 x 1 step leads
1 x 2 x 0 x 1 step trails (cut it off/brush ankle)
1 x 2 x 0 x 3 step quick drills (12-18 steps)

**Tuesday November 12, 2019**
1:00 PM - 6:00 PM Practice at Myers Field House
*(Recovery Circuits)*

**Gen Gen (#1)**
1 x 1 x 10 x Prone Plank Toe Taps (10 each leg)
1 x 1 x 15 x Scorpians (15 each leg)
1 x 1 x 10 x Side Plank Clams (10 each side)
1 x 1 x 10 x Spider Man Push-ups (10)
1 x 1 x 10 x Side Plan Leg Lifts (10 each leg)
1 x 1 x 30 x 30 second wall-sit
1 x 1 x 15 x Double leg hip raises (two second hold on back) (15)
1 x 1 x 15 x Technique Standing Squat (15)
1 x 1 x 15 x Hand to elbow planks (15 switches)
1 x 1 x 6 x 3-way lunge (for. back. lateral x3)
**Stoney Point #1 (Recovery)**
1 x 1 x 1 x 4 Lap Warm-up
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 0 x 20 twisting lunges (2 second hold of twist) - 10 each way
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 0 x Walking calf stretch (hold 2 second) 10 each leg
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 0 x 20 Zombie Walks (10 each leg)
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 0 x 20 knee pull glute stretch (10 each leg)
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 0 x Cross leg lower back stretch (2x10 second hold both sides)
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 0 x 20 Supermans
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 0 x 1 Minute Plank each way (middle, right/left side)
**BodyArt #1 (Core)**
1 x 1 x 20 x Prone elbow plank leg lifts (L-R)
1 x 1 x 20 x Supine elbow plank leg lifts (L-R)
1 x 1 x 20 x Prone hand plank leg lifts (L-R)
1 x 1 x 20 x Supine hand plank leg lifts (L-R)
1 x 1 x 20 x Side elbow plank top leg lifts (L-R)
1 x 1 x 20 x Side hand plank top leg lifts (L-R)
1 x 1 x 10 x Supine elbow stand hip arch
1 x 1 x 10 x Supine shoulder bridge hip arch (hold for 5 seconds on each lift)
1 x 1 x 20 x Low Reach Crunches
1 x 1 x 20 x Low Reach Crunches (Side to side penguins)

**Wednesday November 13, 2019**
1:00 PM - 6:00 PM PRACTICE at MYERS FIELD HOUSE
*(BE ON TIME AND READY TO GET BETTER!!*
*19 DAYS UNTIL THE INTRASQUAD!!!)*

**Maverick 2 (Max Velocity)**
1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy skip with arm cross
1 x 2 x 30 x Backward skip 20m w/run-out
1 x 2 x 30 x Up / Out / B-skip (Advanced Schuster's)
1 x 2 x 20 x Marching A
1 x 2 x 20 x A Skip
1 x 2 x 20 x A switch w/ balanced pause
1 x 2 x 20 x A switch w/3 bounce (switch, 3 bounce, switch)
1 x 2 x 20 x A switch - 3's (switch, switch, switch, pause)
1 x 2 x 20 x A switch - 2's in to dribble knee (switch, bounce, switch, bounce)
1 x 2 x 20 x Marching B
1 x 2 x 20 x B Skip
1 x 2 x 10 x High Knee's (high turn over)
1 x 2 x 30 x Quick Fire (Every two step)
1 x 2 x 40 x Skip For Height
1 x 2 x LEG SWINGS (for/back - lateral) (10 swings each direction)
1 x 2 x 60 x Build-ups
**Week 9 B**
**Short/Long Sprinters**
1 x 4 x 20 x Dribble Calf from starting line to finish line
1 x 4 x 40 x Wicket RUN (12 WICKETS)
1 x 4 x 50 x 20m fly run out of blocks
**Order: Dribble -> Wicket -> Fly**
**Take 2 minutes after Dribble, 3 minutes over wickets and 6 minutes after Fly**
**Short Hurdles**
1 x 1 x 10 x Starts through 1h (cheated back one step)
1 x 3 x 30 x Starts through 3h (cheated back one step progressively)
1 x 3 x 50 x Starts through 5h (cheated back one step progressively)
1 x 1 x 80 x AFAP off the turn
1 x 2 x The the fly run series from above
**Recovery 4-5 minutes**

2:30 PM - 6:00 PM HURDLES at Myers Field House
*(COME to 2:30pm Practice)*

**Maverick Hurdle #1**
1 x 2 x 0 x Seated Form Drill
1 x 2 x 0 x Static Lead Legs (Don't touch the hurdle)
1 x 2 x 0 x Wall Drill - Leads
1 x 2 x 0 x Knee To Trail Shots
1 x 2 x 0 x Trail Slides
1 x 2 x 0 x Trail Circles (hold at 12)
1 x 2 x 0 x Falling over hurdle cycles
1 x 2 x 0 x 1 step leads
1 x 2 x 0 x 1 step trails (cut it off/brush ankle)
1 x 2 x 0 x 3 step quick drills (12-18 steps)

2:30 PM - 6:00 PM Weights at Taylor Center Weightroom
*(AFTER practice)*

**Thursday November 14, 2019**
1:00 PM - 6:00 PM POOL at HIGHLAND POOL
*(1:00pm and 2:00pm*
*IF YOU HAVE CLASS DURING THOSE TIMES, you will meet in the field house at 2:30pm for alternative workout.*
*I want everyone in the pool.)*

**Pool Workout**
1 x 3 x 150 x 3 laps w/ Kickboard
1 x 1 x Resisted Sprint Drills
**A's, B's, In & Outs, Scissors, Open Doors**
1 x 10 x Jump - Dips Ladder start at 10
1 x 10 x Straight leg stationary swims
1 x 3 x 30 x 30 seconds on 30 seconds off
1 x 3 x 45 x 45 seconds on 30 seconds off
1 x 3 x 60 x 60 seconds on 30 seconds off

**Friday November 15, 2019**
6:30 AM - 6:00 PM PRACTICE 6:30AM AND 8:00AM
*(IN THE FIELDHOUSE!!*
*15 DAYS UNTIL THE INTRASQUAD!!!!)*

**Liberia #1 (General)**
1 x 2 x 40 x Side Skips w/ Arms - Standing Squats
1 x 1 x 60 x Tech Run @60%
1 x 2 x 40 x Lunge w/ Twist - Leg Whips
1 x 1 x 60 x Tech Run @65%
1 x 2 x 40 x High Knee Carioca - Fire Hydrants
1 x 1 x 60 x Tech Run @70%
1 x 2 x 40 x Skip and Scoops -Side Lunges (R)
1 x 1 x 60 x Tech Run @75%
1 x 2 x 40 x In's and Outs - Side Lunges (L)
1 x 1 x 60 x Tech Run @80%
1 x 2 x 40 x Skip For Height - Scorpian's
1 x 1 x 60 x Tech Run @85%
1 x 2 x 40 x Skip For Distance
1 x 10 x Wall Leg Swings (all directions)
**Week 9 (85% intensive)**
**Week 9 Tempo (Intensive Tempo 85%)**
**Short Sprinters/Hurdlers**
1 x 3 x 200 x M: 26-28 W: 28-31 w/3 minutes
1 x 3 x 150 x M: 19-21 W: 22-23 w/2:30 minutes
1 x 2 x 100 x M: 13-14 W: 14-15 w/2 minutes
1 x 1 x 400 x 400m the hard way! Groups of 6-8, cones out at 5
**Hybrid Group**
1 x 3 x 300 x M: 42-45 W: 48-51 w/4 minutes
1 x 2 x 200 x M: 26-28 W: 28-31 w/3 minutes
1 x 2 x 150 x M: 19-21 W: 22-23 w/2:30 minutes
1 x 1 x 400 x 400m the hard way! Groups of 6-8, cones out at 5
**Long Sprinters**
2 x 3 x 300 x M: 42-45 W: 48-51 w/4 minutes
**6 minutes between sets**
1 x 2 x 400 x 400m the hard way! Groups of 6-8, cones out at 5
**5 minutes between the 400m thw**
**Hurdle Mobility #1**
1 x 2 x Right Leg lead/Left Leg
1 x 2 x R/L Alternate
1 x 2 x Over/Under Alternate Sides
1 x 2 x 2 forward 1 back

2:30 PM - 6:00 PM Weights at Taylor Center Weightroom
*(AFTER practice)*

**Saturday November 16, 2019**
*(Enjoy! No workout today for you)*

**Sunday November 17, 2019**
*(Enjoy! No workout today for you)*

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31

**Monday January 20, 2020**
*(Enjoy! No workout today for you)*

**Tuesday January 21, 2020**
1:00 PM - 6:00 PM Practice at MYERS FIELD HOUSE
*(1:00pm - Hurdles*
*2:30pm - Short Sprinters*
*3:30pm - Long Sprinter)*

**Gen Gen (#6)**
1 x 1 x 10 x Side lunges (sit back x10 each side)
1 x 1 x 20 x Skater Jumps
1 x 1 x 10 x Side Plan Leg Lifts (10 each leg)
1 x 1 x 10 x Cross leg hip lifts (2 second hold at top)
1 x 1 x 10 x Iron Crosses (10 each side)
1 x 1 x 15 x POGO JUMPS (2x15)
1 x 1 x 10 x Nordic Hamstring
1 x 1 x 20 x Hip Wipers (10 each way)
1 x 1 x 6 x 3-way lunge (for. back. lateral x3)
1 x 1 x 10 x Hurdle Seat Exchange w/stretch
1 x 1 x 10 x Calf Raise Holds (w/weighted vests) 10 pulses w/30sec hold
1 x 1 x 20 x Inverted Scissors (20 switches)
1 x 1 x 20 x Bounding (drive knee, hang)
1 x 1 x 20 x Baby Bounding (R/L/Side) blue mat
1 x 1 x 0 x Hurdle Hops
**Short Sprinters**
1 x 6 x 150 x M: 24-26 W: 26-28
**TECH RUNS w/walk 50m break**
1 x 8 x 150 x Hybrid Sprinters
**M: 24-26 W: 26-28**
**TECH RUNS w/walk 50m break**
**Long Sprinters**
1 x 10 x 200 x Continuous 2's M:38-50 W: 40-60
**VERSA BANDS**
**SHIN WALKS**
**HURDLERS**
1 x 4 x 10 x Starts over 1(discounted, race height)
1 x 4 x 20 x Starts over 2 (discounted, race height)
**Jump in to the general strength circuit after**

**Wednesday January 22, 2020**
1:00 PM - 6:00 PM Practice at Myers Field House
*(1:00pm - Short Sprinters*
*2:30pm - Long Sprinters)*

**Maverick 2 (Max Velocity)**
1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy skip with arm cross
1 x 2 x Manuel Clams
1 x 2 x 30 x Backward skip 20m w/run-out
1 x 2 x 30 x Up / Out / B-skip (Advanced Schuster's)
1 x 2 x 20 x Marching A
1 x 2 x 20 x A Skip
1 x 2 x 20 x A switch w/ balanced pause
1 x 2 x 20 x A switch w/3 bounce (switch, 3 bounce, switch)
1 x 2 x 20 x A switch - 3's (switch, switch, switch, pause)
1 x 2 x 20 x A switch - 2's in to dribble knee (switch, bounce, switch, bounce)
1 x 2 x 20 x Marching B
1 x 2 x 20 x B Skip
1 x 2 x 10 x High Knee's (high turn over)
1 x 2 x 30 x Quick Fire (Every two step)
1 x 2 x 40 x Skip For Height
1 x 2 x 0 x LEG SWINGS (for/back - lateral) (10 swings each direction)
1 x 2 x 60 x Build-ups
**Short Sprinters**
1 x 4 x 20 x Block starts w/clap
1 x 1 x 400 x 200/100/100 (rest is 3mins/2mins)
**M: 23-24, matched intensities**
**W: 25-28, matched intensities**
**Hybrid Sprinters**
1 x 4 x 20 x Block starts w/clap
1 x 1 x 450 x 250/100/100 (rest is 3mins/2mins)
**M: 29-31, matched intensities**
**W: 31-34, matched intensities**
**Long Sprinters**
1 x 3 x 20 x Block starts w/clap
1 x 1 x 500 x 300/100/100 (rest is 4mins/2mins)
**M: 37-39, matched intensities**
**W: 41-43, matched intensities**
**HURDLE MOBILITY**

**Thursday January 23, 2020**
12:00 AM - 6:00 PM MEETING at TBD
*(I WILL EMAIL OUT THE ROOM LOCATION WHEN I HAVE ONE.*
*THIS IS A CHANGE!! 12:00PM )*

**Friday January 24, 2020**
8:00 AM - 6:00 PM SDSU D2 INVITE
*(CHECK EMAILS FOR BUS TIMES)*

**Saturday January 25, 2020**
*(Enjoy! No workout today for you)*

**Sunday January 26, 2020**
*(Enjoy! No workout today for you)*

**Pre-Comp**

**R/N/N(deeper)/R/N**

**Meet focused**

32

# R/N/R/N(Pre-meet)/N - Comp

Monday February 10, 2020

1:00 PM - 6:00 PM Practice at MYERS FIELD HOUSE
*(1:00pm - Hurdles*
*2:30pm - Short Sprinters*
*3:30pm - Long Sprinter)*

**Gen Gen (#6)**

1 x 1 x 10 x Side lunges (sit back x10 each side)
1 x 1 x 20 x Skater Jumps
1 x 1 x 10 x Side Plan Leg Lifts (10 each leg)
1 x 1 x 10 x Cross leg hop lifts (2 second hold at top)
1 x 1 x 10 x Iron Crosses (10 each side)
1 x 1 x 15 x PODO JUMPS (2x15)
1 x 1 x 10 x Nordic Hamstring
1 x 1 x 20 x Hip Wipers (10 each way)
1 x 1 x 6 x 3-way lunge (fnr, back, lateral x2)
1 x 1 x 10 x Hurdle Seat Exchange wristrech
1 x 1 x 10 x Calf Raise Holds (w/weighted vests) 10 pulses w/30sec hold
1 x 1 x 20 x Inverted Scissors (20 switches)
1 x 1 x 20 x Bounding (drive knee, hang)
1 x 1 x 20 x Baby Bounding (R/L/Side) blue mat
1 x 1 x Hurdle Hops

**Short Sprinters**

1 x 6 x 150 x M: 24-26 W: 26-28

**TECH RUNS w/walk 50m break**

1 x 8 x 150 x Hybrid Sprinters

**M: 24-26 W: 26-28**

**TECH RUNS w/walk 50m break**

**Long Sprinters**

1 x 10 x 200 x Continuous 2's M:38-50 W: 40-60

**VERSA BANDS**

**SHIN WALKS**

**HURDLERS**

1 x 6 x 10 x NEW athletes Starts over 1(discounted, race height)
1 x 2 x 20 x Starts over 2 (discounted, race height)

**Jump in to the general strength circuit after**

**Competing Hurdlers**

1 x 2 x 10 x Starts over 1
1 x 2 x 30 x Starts over 3
1 x 2 x 50 x Starts over 5

2:30 PM - 6:00 PM WEIGHTS AFTER PRACTICE

Tuesday February 11, 2020

1:00 PM - 6:00 PM TUESDAY PRACTICE at MYERS FIELD HOUSE
*(1:00pm - Short Hurdles*
*2:30pm - Short Sprinters*
*3:30pm - Long Sprinters)*

**Maverick 2 (Max Velocity)**

1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy skip with arm cross
1 x 2 x 30 x Backward skip 20m w/run-out
1 x 2 x 30 x Up / Out / B-skip (Advanced Schuster's)
1 x 2 x 20 x Marching A
1 x 2 x 20 x A Skip
1 x 2 x 20 x A switch w/ balanced pause
1 x 2 x 20 x A switch w/3 bounce (switch, 3 bounce, switch)
1 x 2 x 20 x A switch - 3's (switch, switch, switch, pause)
1 x 2 x 20 x A switch - 2's in to dribble knee (switch, bounce, switch, bounce)
1 x 2 x 20 x Marching B
1 x 2 x 20 x B Skip

1 x 2 x 30 x Quick Fire (Every two step)
1 x 2 x 40 x Skip For Height
1 x 2 x 0 x LEG SWINGS (for/back - lateral) (10 swings each direction)
1 x 2 x 60 x Build-ups

**NSC Showdown (TUESDAY)**

**Short Hurdlers**

1 x 2 x 10 x Starts over 1 (individual)
1 x 2 x 30 x Starts over 3 w/competition
1 x 2 x 50 x Starts over 5 w/competition
1 x 2 x 200 x M: 23-25 W: 26-28 (walk 100/sprint 100)

**Short Sprinters**

1 x 1 x 250 x 100% M: 28-30 W: 31-34
100 x Slow walk 100m/TECHNIQUE SPRINT 100m!!! (20mins)
1 x 1 x 150 x AFAP (adjusting to the curve)
80 x Slow walk 100m/TECHNIQUE SPRINT 100m!!!

**Long Sprinters**

1 x 1 x 400 x M: 53-55 W: 60-63
100 x Slow walk 100m/TECHNIQUE SPRINT 100m!!! (20mins)
1 x 1 x 250 x 100% M: 28-30 W: 31-34
100 x Slow walk 100m/TECHNIQUE SPRINT 100m!!!

**COOL DOWN (2 laps of walk/jog)**

**TOE DRILLS**

Wednesday February 12, 2020

1:00 PM - 6:00 PM PODI, at Myers Field House
*(1:00 and 2:00pm - REGULAR practice times, so there shouldn't be any scheduling issues)*

**Post Workout**

1 x 3 x 150 x 3 laps w/ Kickboard
1 x 1 x 0 x Resisted Sprint Drills

**A's, B's, In & Outs, Scissors, Open Doors**

1 x 10 x 0 x Jump - Dips Ladder start at 10
1 x 10 x 0 x Water Running 30 on 30 off (with aqua joggers)
1 x 4 x 0 x Underwater Swim

**BIKE WORKOUT ALTERNATIVE**

1 x 1 x 0 x 5 minute warm-up
1 x 1 x 0 x 15 minutes of 30sec on/30 second off
1 x 0 x 5 minute cool-down

2:30 PM - 6:00 PM WEIGHTS AFTER PRACTICE

Thursday February 13, 2020

1:00 PM - 6:00 PM Practice at Myers Field House
*(1:00 - hurdles*
*2:30pm - shorts*
*3:30pm - long )*

**Maverick 3 (Acceleration)**

1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy Carioca (big twists)
1 x 1 x 30 x Lunge with low drag through
1 x 2 x 20 x Marching 1 (Low A)
1 x 2 x 20 x Marching 2 (Low B)
1 x 2 x 20 x A Skip (Low)
1 x 2 x 20 x B Skip (Low)
1 x 1 x 60 x Static Toe Stretch w/ Push Out (hold 4 sec)
1 x 1 x 60 x 4 bounce w/ Push Out
1 x 1 x 60 x 4 bounce Inside Out Toe Bounces w/ Push Out
1 x 2 x 50 x Straight Leg Bound (20m transition)
1 x 2 x 30 x Quick Fire (Every two step)
1 x 2 x 40 x Skip for distance
1 x 2 x LEG SWINGS (for/back - lateral) (10 swings each

1 x 2 x 60 x Build-ups

**NSC CHALLENGE THURSDAY**

**Short Hurdlers**

1 x 2 x 10 x RACE HEIGHT starts over 1
1 x 2 x 20 x RACE HEIGHT starts over 2
1 x 2 x 30 x RACE HEIGHT starts over 3
1 x 1 x 100 x AFAP off turn

**ALL SPRINTERS**

1 x 3 x 30 x Starts on clap chase drill
1 x 2 x 90 x IN/OUT off turn (40-20-30)

**Recovery: 3-4 mins and 12 mins**

**WOMEN and MEN A-team relays squads will do handoffs.**

**Multi-Throw #1**

1 x 1 x Underhand Forward
1 x 1 x Overhead Backwards
1 x 1 x Hammer Throw Right
1 x 1 x Hammer Throw Left

Friday February 14, 2020

10:00 AM - 6:00 PM PRE-MEET @10:00am at Myers Field House
*(SET UP FOR THE TRACK MEET IS AT 1:00PM!!*

*YOU ARE REQUIRED TO BE THERE AS A MEMBER OF THIS TEAM YALL!!!)*

Saturday February 15, 2020

8:00 AM - 5:00 PM NSC SHOWDOWN

Sunday February 16, 2020

*(Enjoy! No workout today for you)*

NIVERSITY MANKATO

33

# PRACTICE SESSION/DAILY THEMES

## NEUROMUSCULAR - EXAMPLE PRACTICE SESSION

MINNESOTA STATE UNIVERSITY MANKATO

34

## Neuromuscular – Example Practice Session

Monday September 16, 2019

1:00 PM - 6:00 PM Practice (outdoors) at Myers Field House
*(Men: 1:00pm Practice (2:30pm lift)*
*Women: 2:30pm Practice (4:15pm lift))*

Ascending warm-up/Sprint Drills

**Maverick 5 (early season rudiment)**

1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy Carioca (big hip twist)
1 x 2 x 30 x Easy Skips w/arm
1 x 2 x 30 x Lunge w/toe drag (low heal recovery)
1 x 2 x 20 x Zombie Walks (build though)
1 x 2 x Leg Swings (front/back/side x10)
1 x 2 x 20 x Single Leg A-March (both sides)
1 x 2 x 20 x Single Leg A-Skip (both sides)
1 x 2 x 20 x A-March/A-Skip (quick skip)
1 x 2 x 30 x Toe Walk Down/Heal Walk Back
1 x 2 x 20 x B March (alternating)
1 x 2 x 20 x B Skip (alternating)
1 x 2 x 20 x Double A-Skip (RL-RL-LL-LL)
1 x 2 x 20 x A/B alternating skips (AS, AS, BS, BS)
1 x 2 x 20 x Walking calf stretch (both legs)
1 x 2 x 20 x Schuster's (up & outs)
1 x 2 x 20 x Up, Out, Through
1 x 2 x 10 x High Knee's (high turn over)
1 x 2 x 30 x Straight Leg Bound (small and quick)
1 x 2 x 30 x Showitmes (large ROM)

Neuro Theme Workout

1 x 2 x 50 x Progressive straight leg builds

**Week 2 A**

**Wall attacks w/low heal (hip origination)**

2 x 10 x 0 x Banded hip throughs - posted
1 x 5 x 20 x Toe Trap Drill from 3 pt. accels
1 x 5 x 30 x Accelerations from drop in start w/low heal

**Recovery 2-3m**

**Baby Bounds #4**

Multi-Jumps

1 x 2 x Double Leg Bunny Hops x2
1 x 2 x Sideways, two forward one back (x2-1x both sides)
1 x 2 x Single Leg Bounds (x2 over lengthened hurdles)
1 x 15 x Box jumps from floor (technique jumps)
1 x 4 x Hurdle hops over foldable hurdles (x4 total - tall and under control)

Lifting

2:30 PM - 6:00 PM LIFTING at Taylor Center Weight-room
*(2:30pm - Men's lifting (post practice)*
*4:00pm - Women's lifting (post practice))*

35

## Neuromuscular – Example Specific Prep Practice Session

Wednesday November 6, 2019

1:00 PM - 6:00 PM PRACTICE at MYERS FIELD HOUSE
*(BE ON TIME AND READY TO GET BETTER!!*

*19 DAYS UNTIL THE INTRASQUAD!!!)*

Max Velocity Warm-up

**Maverick 2 (Max Velocity)**

1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy skip with arm cross
1 x 2 x 30 x Backward skip 20m w/run-out
1 x 2 x 30 x Up / Out / B-skip (Advanced Schuster's)
1 x 2 x 20 x Marching A
1 x 2 x 20 x A Skip
1 x 2 x 20 x A switch w/ balanced pause
1 x 2 x 20 x A switch w/3 bounce (switch, 3 bounce, switch)
1 x 2 x 20 x A switch - 3's (switch, switch, switch, pause)
1 x 2 x 20 x A switch - 2's in to dribble knee (switch, bounce, switch, bounce)
1 x 2 x 20 x Marching B
1 x 2 x 20 x B Skip
1 x 2 x 10 x High Knee's (high turn over)
1 x 2 x 30 x Quick Fire (Every two step)
1 x 2 x 40 x Skip For Height
1 x 2 x LEG SWINGS (for/back - lateral) (10 swings each direction)
1 x 2 x 60 x Build-ups

Max Velocity Session

**Week 9 B**

**Short/Long Sprinters**

1 x 4 x 40 x Dribble Calf from starting line to finish line
1 x 4 x 40 x Wicket RUN w/1 minute after (12 WICKETS)
1 x 4 x 50 x 20m fly run out of blocks

**Order: Dribble -> Wicket -> Fly**

**Recovery 5 minutes**

**Short Hurdles**

1 x 6 x 10 x Starts through 2h
1 x 2 x The the fly run series from above

**Recovery 4-5 minutes**

No cool-down
To Weight room

2:30 PM - 6:00 PM Weights at Taylor Center Weightroom
*(AFTER practice)*

36

## Neuromuscular – Example Specific Pre-Comp Session

Thursday January 16, 2020

1:00 PM - 6:00 PM Pre-Meet at Myers Field House

Max Velocity Warm-up

**Maverick 2 (Max Velocity)**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 2 | x | 30 | x Side Shuffle w/Arms |
| 1 | x | 2 | x | 30 | x Easy skip with arm cross |
| 1 | x | 2 | x | 30 | x Backward skip 20m w/run-out |
| 1 | x | 2 | x | 30 | x Up / Out / B-skip (Advanced Schuster's) |
| 1 | x | 2 | x | 20 | x Marching A |
| 1 | x | 2 | x | 20 | x A Skip |
| 1 | x | 2 | x | 20 | x A switch w/ balanced pause |
| 1 | x | 2 | x | 20 | x A switch w/3 bounce (switch, 3 bounce, switch) |
| 1 | x | 2 | x | 20 | x A switch - 3's (switch, switch, switch, pause) |
| 1 | x | 2 | x | 20 | x A switch - 2's in to dribble knee (switch, bounce, switch, bounce) |
| 1 | x | 2 | x | 20 | x Marching B |
| 1 | x | 2 | x | 20 | x B Skip |
| 1 | x | 2 | x | 10 | x High Knee's (high turn over) |
| 1 | x | 2 | x | 30 | x Quick Fire (Every two step) |
| 1 | x | 2 | x | 40 | x Skip For Height |
| 1 | x | 2 | x | 40 | x SPEED BOUNDS |
| 1 | x | 2 | x | 40 | x POGO jumps |
| 1 | x | 2 | x | 0 | x LEG SWINGS (for/back - lateral) (10 swings each direction) |
| 1 | x | 2 | x | 60 | x Build-ups |

Varied workouts depending on group
Special End I/II

**Short Hurdlers**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 2 | x | 10 | x Starts through 1 |
| 1 | x | 2 | x | 20 | x Starts through 2 |
| 1 | x | 2 | x | 30 | x Starts through 3 |
| 1 | x | 1 | x | 120 | x AFAP |
| 1 | x | 1 | x | 80 | x AFAP |

**Short Sprinters**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 1 | x | 300 | x Broken 300 (200m: m:23-25 w:25.5-28 |

**Walk across track right away, sprint 100m tech!! (12 minute)**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 1 | x | 120 | x AFAP w/ 6-8 minutes |
| 1 | x | 1 | x | 80 | x AFAP |

**Hybrid Group**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 1 | x | 350 | x Broken 350 (250: m: 29-30 w: 32-25 |

**Walk across track right away, sprint 100m tech!! (12 minute)**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 2 | x | 120 | x AFAP w/ 6-8 minutes |

**Long Sprinters**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 1 | x | 400 | x Broken 400m (300m: m:36-39 w:38-42 |

**Walk across track right away, sprint 100m tech!! (15 minute)**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 2 | x | 200 | x m:23-25 w:25.5-28 w/2 minutes |

**ADD 2-3 seconds to second 200m time**

37

## Neuromuscular – Example Specific Comp Session

Thursday February 13, 2020

1:00 PM - 6:00 PM Practice at Myers Field House
*(1:00 - hurdles*
*2:30pm - shorts*
*3:30pm - long )*

Accel W/U

**Maverick 3 (Acceleration)**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 2 | x | 30 | x Side Shuffle w/Arms |
| 1 | x | 2 | x | 30 | x Easy Carioca (big twists) |
| 1 | x | 1 | x | 30 | x Lunge with toe drag through |
| 1 | x | 2 | x | 20 | x Marching 1 (Low A) |
| 1 | x | 2 | x | 20 | x Marching 2 (Low B) |
| 1 | x | 2 | x | 20 | x A Skip (Low) |
| 1 | x | 2 | x | 20 | x B Skip (Low) |
| 1 | x | 1 | x | 60 | x Static Toe Stretch w/ Push Out (hold 4 sec) |
| 1 | x | 1 | x | 60 | x 4 bounce w/ Push Out |
| 1 | x | 1 | x | 60 | x 4 bounce Inside Out Toe Bounces w/ Push Out |
| 1 | x | 2 | x | 50 | x Straight Leg Bound (20m transition) |
| 1 | x | 2 | x | 30 | x Quick Fire (Every two step) |
| 1 | x | 2 | x | 40 | x Skip for distance |
| 1 | x | 2 | x | | LEG SWINGS (for/back - lateral) (10 swings each direction) |
| 1 | x | 2 | x | 60 | x Build-ups |

**NSIC CHALLENGE THURSDAY**

Technical Focus Neuro Day

**Short Hurdlers**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 2 | x | 10 | x RACE HEIGHT starts over 1 |
| 1 | x | 2 | x | 20 | x RACE HEIGHT starts over 2 |
| 1 | x | 2 | x | 30 | x RACE HEIGHT starts over 3 |
| 1 | x | 1 | x | 120 | x AFAP off turn |

**ALL SPRINTERS**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 3 | x | 30 | x Starts on clap chase drill |
| 1 | x | 2 | x | 90 | x IN/OUT off turn (40-20-30) |

**Recovery: 3-4 mins and 12 mins**

**WOMEN and MEN A-team relays squads will do handoffs.**

Multi-Throws

**Multi-Throw #1**

| | | | | |
|---|---|---|---|---|
| 1 | x | 1 | x | Underhand Forward |
| 1 | x | 1 | x | Overhead Backwards |
| 1 | x | 1 | x | Hammer Throw Right |
| 1 | x | 1 | x | Hammer Throw Left |

- 3 weeks out from conference meet, started week off with most intense race modeling day, came back with this Thursday (2 days out) for pre-meet style workout
- Followed by w/u and shakeout day

KATO

38

# Tempo/Aerobic - Example Practice Session

MINNESOTA STATE UNIVERSITY MANKATO

39

## Tempo/Aerobic – Example General Prep Practice Session

Tuesday September 17, 2019

1:00 PM - 6:00 PM Practice (outdoors) at Myers Field House
*(Men: 1:00pm Practice (2:30pm lift)*
*Women: 2:30pm Practice (4:15pm lift))*

Mobility Run, Tech W/U

**Mobility Jog #1**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 1 | x | 50 | x Side Shuffle Left w/arms |
| 1 | x | 1 | x | 50 | x Running Weave |
| 1 | x | 1 | x | 50 | x Backwards |
| 1 | x | 1 | x | 50 | x Side Shuffle Right w/arms |
| 1 | x | 1 | x | 50 | x Arm Circles |
| 1 | x | 1 | x | 50 | x Arms Across |
| 1 | x | 1 | x | 50 | x Skip Lunges |

**Dribble Series #1**

| | | | | | |
|---|---|---|---|---|---|
| 1 | x | 2 | x | 40 | x Marching A's / A Skips |
| 1 | x | 2 | x | 40 | x Marching B's / B Skips |
| 1 | x | 2 | x | 40 | x C Skip Pick-ups |
| 1 | x | 2 | x | 40 | x Dribble Ankle w/o Arms |
| 1 | x | 2 | x | 40 | x Dribble Ankle w/Arms |
| 1 | x | 2 | x | 40 | x Dribble Calf w/o Arms |
| 1 | x | 2 | x | 40 | x Dribble Calf w/Arms |
| 1 | x | 2 | x | 40 | x Dribble Knee w/o Arms |
| 1 | x | 2 | x | 40 | x Dribble Knee w/Arms |

**Week 2 (tempo)**

**Back and forth on cone 150m curve**

Extensive Tempo

**Short Sprinters (half circle tempo)**

| | | | | | |
|---|---|---|---|---|---|
| 3 | x | 3 | x | 150 | x M: 22.5-25 W: 25-28 |

**Recovery: 1:30/3**

**Hybrid Group (half circle tempo)**

| | | | | | |
|---|---|---|---|---|---|
| 3 | x | 4 | x | 150 | x M: 22.5-25 W: 25-28 |

**Recovery: 1:30/3**

**Long Sprinters (half circle tempo)**

| | | | | | |
|---|---|---|---|---|---|
| 3 | x | 5 | x | 150 | x M: 22.5-25 W: 25-28 |

**Recovery: 1:30/3**

**Long/Long Sprinters (half circle tempo)**

| | | | | | |
|---|---|---|---|---|---|
| 3 | x | 6 | x | 150 | x M: 22.5-25 W: 25-28 |

**Recovery: 1:30/3**

Hurdle Mobility

**Hurdle Mobility #1**

| | | | | |
|---|---|---|---|---|
| 1 | x | 2 | x | Right Leg lead/Left Leg |
| 1 | x | 2 | x | R/L Alternate |
| 1 | x | 2 | x | Over/Under Alternate Sides |
| 1 | x | 2 | x | 2 forward 1 back |

40

## Tempo/Aerobic – Example Specific Prep Practice Session

Minnesota State - FLAY THE BULL

Friday November 8, 2019

6:30 AM - 6:00 PM PRACTICE 6:30AM AND 8:00AM

*(IN THE FIELDHOUSE!!*

*15 DAYS UNTIL THE INTRASQUAD!!!!)*

General W/U

**Liberia #1 (General)**

| | | | | |
|---|---|---|---|---|
| 1 x | 2 | x | 40 x | Side Skips w/ Arms - Standing Squats |
| 1 x | 1 | x | 60 x | Tech Run @60% |
| 1 x | 2 | x | 40 x | Lunge w/ Twist - Leg Whips |
| 1 x | 1 | x | 60 x | Tech Run @65% |
| 1 x | 2 | x | 40 x | High Knee Carioca - Fire Hydrants |
| 1 x | 1 | x | 60 x | Tech Run @70% |
| 1 x | 2 | x | 40 x | Skip and Scoops -Side Lunges (R) |
| 1 x | 1 | x | 60 x | Tech Run @75% |
| 1 x | 2 | x | 40 x | In's and Outs - Side Lunges (L) |
| 1 x | 1 | x | 60 x | Tech Run @80% |
| 1 x | 2 | x | 40 x | Skip For Height - Scorpian's |
| 1 x | 1 | x | 60 x | Tech Run @85% |
| 1 x | 2 | x | 40 x | Skip For Distance |
| 1 x | 10 | x | | Wall Leg Swings (all directions) |

Intensive Tempo

**Week 9 (85% intensive)**

**Week 9 Tempo (Intensive Tempo 85%)**

**Short Sprinters/Hurdlers**

| | | | | |
|---|---|---|---|---|
| 1 x | 3 | x | 200 x | M: 26-28 W: 28-31 w/3 minutes |
| 1 x | 3 | x | 150 x | M: 19-21 W: 22-23 w/2:30 minutes |
| 1 x | 2 | x | 100 x | M: 13-14 W: 14-15 w/2 minutes |
| 1 x | 1 | x | 400 x | 400m the hard way! Groups of 6-8, cones out at 50m |

**Hybrid Group**

| | | | | |
|---|---|---|---|---|
| 1 x | 3 | x | 300 x | M: 42-45 W: 48-51 w/4 minutes |
| 1 x | 2 | x | 200 x | M: 26-28 W: 28-31 w/3 minutes |
| 1 x | 2 | x | 150 x | M: 19-21 W: 22-23 w/2:30 minutes |
| 1 x | 1 | x | 400 x | 400m the hard way! Groups of 6-8, cones out at 50m |

**Long Sprinters**

| | | | | |
|---|---|---|---|---|
| 2 x | 3 | x | 300 x | M: 42-45 W: 48-51 w/4 minutes |

**6 minutes between sets**

| | | | | |
|---|---|---|---|---|
| 1 x | 2 | x | 400 x | 400m the hard way! Groups of 6-8, cones out at 50m |

**5 minutes between the 400m thw**

Hurdle Mobility

**Hurdle Mobility #1**

| | | | |
|---|---|---|---|
| 1 x | 2 | x | Right Leg lead/Left Leg |
| 1 x | 2 | x | R/L Alternate |
| 1 x | 2 | x | Over/Under Alternate Sides |
| 1 x | 2 | x | 2 forward 1 back |

2:30 PM - 6:00 PM Weights at Taylor Center Weightroom

*(AFTER practice)*

41

## Tempo/Aerobic – Example General Pre-Comp Session

Tuesday January 14, 2020

1:00 PM - 6:00 PM Practice at Myers Field House

*(HURDLES ast 1:00*

*SHORT SPRINTERS 2:30*

*LONG SPRINTERS 3:30)*

Upper Level Intensive W/U
w/u at intensity

**Maverick 2 (Max Velocity)**

| | | | | |
|---|---|---|---|---|
| 1 x | 2 | x | 30 x | Side Shuffle w/Arms |
| 1 x | 2 | x | 30 x | Easy skip with arm cross |
| 1 x | 2 | x | 30 x | Backward skip 20m w/run-out |
| 1 x | 2 | x | 30 x | Up / Out / B-skip (Advanced Schuster's) |
| 1 x | 2 | x | 20 x | Marching A |
| 1 x | 2 | x | 20 x | A Skip |
| 1 x | 2 | x | 20 x | A switch w/ balanced pause |
| 1 x | 2 | x | 20 x | A switch w/3 bounce (switch, 3 bounce, switch) |
| 1 x | 2 | x | 20 x | A switch - 3's (switch, switch, switch, pause) |
| 1 x | 2 | x | 20 x | A switch - 2's in to dribble knee (switch, bounce, switch, bounce) |
| 1 x | 2 | x | 20 x | Marching B |
| 1 x | 2 | x | 20 x | B Skip |
| 1 x | 2 | x | 10 x | High Knee's (high turn over) |
| 1 x | 2 | x | 30 x | Quick Fire (Every two step) |
| 1 x | 2 | x | 40 x | Skip For Height |
| 1 x | 2 | x | | LEG SWINGS (for/back - lateral) (10 swings each direction) |
| 1 x | 2 | x | 60 x | Build-ups |

Intensive Tempo

**Week 19 Tuesday**

**Week 19 Tuesday**

**Short Sprinters**

| | | | | |
|---|---|---|---|---|
| 1 x | 3 | x | 150 x | M: 23-21-19 (1:30 recovery) |

**W: 24-22-20 (1:30 recovery)**

**AFTER take 15-20mins**

| | | | | |
|---|---|---|---|---|
| 1 x | 2 | x | 80's x | Sprints off turn (5-6 mins) (Hybrid sprinters to 120's AFAP w/8-10 in between) |

**Long Sprinters**

| | | | | |
|---|---|---|---|---|
| 1 x | 3 | x | 200 x | M: 32-30-27 (2:00 recovery) |

**W: 34-31-30 (2:00 recovery)**

| | | | | |
|---|---|---|---|---|
| 1 x | 3 | x | 150 x | M: 23-21-19 (1:30 recovery) |

**W: 24-22-20 (1:30 recovery)**

**Recovery 10-12 between the sets**

General Shin Circuit

**Shin Circuit #1**

| | | | | |
|---|---|---|---|---|
| 1 x | 1 | x | 20 x | Toe Walks |
| 1 x | 1 | x | 20 x | Backwards Toe Walks |
| 1 x | 1 | x | 20 x | Inverted Duck Walks |
| 1 x | 1 | x | 20 x | Everted Pigeon Walks |
| 1 x | 1 | x | 20 x | Heal Walks |

General Hip/Glute Circuit

**VERSA 1**

| | | | | |
|---|---|---|---|---|
| 2 x | 10 | x | 20 x | VERSA BAND Side Lunge - Both Ways |
| 2 x | 10 | x | 0 x | Stationary VERSA BAND forward toe taps |
| 2 x | 10 | x | 0 x | Stationary VERSA BAND backwards toe taps |

42

## Tempo/Aerobic – Example General Comp Session

Tuesday February 11, 2020

1:00 PM - 6:00 PM TUESDAY PRACTICE at MYERS FIELD HOUSE

*(1:00pm - Short Hurdles*

*2:30pm - Short Sprinters*

*3:30pm - Long Sprinters)*

Max V W/U

**Maverick 2 (Max Velocity)**

| | | | | |
|---|---|---|---|---|
| 1 x | 2 | x | 30 x | Side Shuffle w/Arms |
| 1 x | 2 | x | 30 x | Easy skip with arm cross |
| 1 x | 2 | x | 30 x | Backward skip 20m w/run-out |
| 1 x | 2 | x | 30 x | Up / Out / B-skip (Advanced Schuster's) |
| 1 x | 2 | x | 20 x | Marching A |
| 1 x | 2 | x | 20 x | A Skip |
| 1 x | 2 | x | 20 x | A switch w/ balanced pause |
| 1 x | 2 | x | 20 x | A switch w/3 bounce (switch, 3 bounce, switch) |
| 1 x | 2 | x | 20 x | A switch - 3's (switch, switch, switch, pause) |
| 1 x | 2 | x | 20 x | A switch - 2's in to dribble knee (switch, bounce, switch, bounce) |
| 1 x | 2 | x | 20 x | Marching B |
| 1 x | 2 | x | 20 x | B Skip |
| 1 x | 2 | x | 10 x | High Knee's (high turn over) |
| 1 x | 2 | x | 30 x | Quick Fire (Every two step) |
| 1 x | 2 | x | 40 x | Skip For Height |
| 1 x | 2 | x | 0 x | LEG SWINGS (for/back - lateral) (10 swings each direction) |
| 1 x | 2 | x | 60 x | Build-ups |

**NSIC Showdown (TUESDAY)**

High Level Race Modeling

**Short Hurdlers**

| | | | | |
|---|---|---|---|---|
| 1 x | 2 | x | 10 x | Starts over 1 (individual) |
| 1 x | 2 | x | 30 x | Starts over 3 w/competition |
| 1 x | 2 | x | 50 x | Starts over 5 w/competition |
| 1 x | 2 | x | 200 x | M: 23-25 W: 26-28 (walk 100/sprint 100) |

**Short Sprinters**

| | | | | |
|---|---|---|---|---|
| 1 x | 1 | x | 250 x | 100% M: 28-30 W: 31-34 |
| | | | 100 x | Slow walk 100m/TECHNIQUE SPRINT 100m!!! (20mins) |
| 1 x | 1 | x | 150 x | AFAP (adjusting to the curve) |
| | | | 80 x | Slow walk 100m/TECHNIQUE SPRINT 100m!!! |

**Long Sprinters**

| | | | | |
|---|---|---|---|---|
| 1 x | 1 | x | 400 x | M: 53-55 W: 60-63 |
| | | | 100 x | Slow walk 100m/TECHNIQUE SPRINT 100m!!! (20mins) |
| 1 x | 1 | x | 250 x | 100% M: 28-30 W: 31-34 |
| | | | 100 x | Slow walk 100m/TECHNIQUE SPRINT 100m!!! |

**COOL DOWN (2 laps of walk/jog)**

Cool-Down/Toe Circuit

**TOE DRILLS**

43

# Recovery – Example Practice Session

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44

## Recovery Days - Example General Prep Practice Session

Wednesday October 9, 2019

1:00 PM - 6:00 PM Practice (recovery circuit) at Outdoor Track

*(Men at 1:00pm*

*Women at 2:30pm*

*CLASS is the only reason you should be going to the other practice)*

Dynamic Mobility

**Mobility Jog #1**

1 x 1 x 50 x Running Weave
1 x 1 x 50 x Backwards
1 x 1 x 50 x Side Shuffle Right w/arms
1 x 1 x 50 x Side Shuffle Left w/arms
1 x 1 x 50 x Arm Circles
1 x 1 x 50 x Arms Across
1 x 1 x 50 x Skip Lunges
1 x 1 x 50 x Skip

General Strength

**Gen Gen (#6)**

1 x 1 x 10 x Side lunges (sit back x10 each side)
1 x 1 x 20 x Skater Jumps
1 x 1 x 10 x Side Plan Leg Lifts (10 each leg)
1 x 1 x 10 x Cross leg hip lifts (2 second hold at top)
1 x 1 x 10 x Iron Crosses (10 each side)
1 x 1 x 15 x Inchworms
1 x 1 x 10 x Nordic Hamstring
1 x 1 x 20 x Hip Wipers (10 each way)
1 x 1 x 6 x 3-way lunge (for. back. lateral x3)
1 x 1 x 10 x Hurdle Seat Exchange w/stretch
1 x 1 x 20 x Inverted Scissors (20 switches)

Tempo Circuit

**Stomper #1 (General)**

1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 15 prisoner squats (hands on head)
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 V-ups
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 Supermans
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 15 Spiderman push-ups (Knee to elbow)
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 15 Burpees
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 Hip lifts (Supine on back)
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 legs lifts each side in plank position

45

## Recovery Days - Example Specific Prep Practice Session

Tuesday November 5, 2019

1:00 PM - 6:00 PM Practice at Myers/Taylor Center

Recovery Style W/U

**Maverick 4 (Recovery W/U)**

1 x 2 x 30 x Side Shuffle w/Arms
1 x 2 x 30 x Easy Carioca (big twists)
1 x 1 x 30 x Lunge w/ Stretch through
1 x 1 x 30 x Zombie Walks (10 each leg)
1 x 1 x 30 x Walking Glute Pulls
1 x 1 x 30 x Easy A's
1 x 1 x 30 x Easy B's
1 x 1 x 30 x Ankle Pops
1 x 1 x 30 x Body Stretches (same side/opposite side)
1 x 1 x 30 x Trail leg cycles (all 4's)
1 x 1 x 30 x Kick backs (on all 4's)
1 x 1 x 20 x Walking calf stretch with 2s hold
1 x 1 x 20 x Helicopters (single leg RDL)
1 x 1 x LEG SWINGS (for/back - lateral) (10 swings each direction)

General Strength

**Gen Gen (#5)**

1 x 1 x 20 x Skater Jumps
1 x 1 x 10 x Side Plan Leg Lifts (10 each leg)
1 x 1 x 10 x Cross leg hip lifts
1 x 1 x 10 x Iron Crosses (10 each side)
1 x 1 x 30 x 30 second wall-sit
1 x 1 x 15 x Inchworms
1 x 1 x 10 x Nordic Hamstring
1 x 1 x 20 x Hip Wipers (10 each way)
1 x 1 x 6 x 3-way lunge (for. back. lateral x3)
1 x 1 x 10 x Hurdle Seat Exchange w/stretch

Tempo Circuit

**Stomper #3 (General)**

1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 Prisoner Squats
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 Push-ups
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 15 Rocket Jumps
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 25 abs of choice
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 Side Plank Hip Dips
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 Supermans
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 15 Each Leg - Supine Single Leg Glute Raises
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 20 V-ups
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x burpees
1 x 1 x 80 x 70% Technical Run w/walk back
1 x 1 x 1 Minute Plank each way (middle, right/left)

Plyometric circuit

**STAIR PLYO's (use staircases on end of Taylor Center)**

2 x 1 x double leg bunny hop (pop from the ankle) - 2 times up
2 x 1 x As fast as possible skipping stairs - 2 times up
2 x 1 x Single leg all the way up (right side then left) - 1 time up each leg)
2 x 1 x As fast as possible hitting each stair - 2 times up
2 x 1 x As fast as possible skipping stairs - 2 times up

**10 times up in total - w/ walk down = 1 minute recovery**

46

## Recovery Days – Pre-Comp Practice Session

Tuesday January 28, 2020

1:00 PM - 6:00 PM Practice at MYERS FIELD HOUSE

*(1:00pm - Hurdles*

*2:30pm - Short Sprinters*

*3:30pm - Long Sprinter)*

General Circuit

**Gen Gen (#6)**

1 x 1 x 10 x Side lunges (sit back x10 each side)
1 x 1 x 20 x Skater Jumps
1 x 1 x 10 x Side Plan Leg Lifts (10 each leg)
1 x 1 x 10 x Cross leg hip lifts (2 second hold at top)
1 x 1 x 10 x Iron Crosses (10 each side)
1 x 1 x 15 x POGO JUMPS (2x15)
1 x 1 x 10 x Nordic Hamstring
1 x 1 x 20 x Hip Wipers (10 each way)
1 x 1 x 6 x 3-way lunge (for. back. lateral x3)
1 x 1 x 10 x Hurdle Seat Exchange w/stretch
1 x 1 x 10 x Calf Raise Holds (w/weighted vests) 10 pulses w/30sec hold
1 x 1 x 20 x Inverted Scissors (20 switches)
1 x 1 x 20 x Bounding (drive knee, hang)
1 x 1 x 20 x Baby Bounding (R/L/Side) blue mat
1 x 1 x Hurdle Hops

Tempo Recovery Tech Runs

**Short Sprinters**

1 x 6 x 150 x M: 24-26 W: 26-28

**TECH RUNS w/walk 50m break**

1 x 8 x 150 x Hybrid Sprinters

**M: 24-26 W: 26-28**

**TECH RUNS w/walk 50m break**

**Long Sprinters**

1 x 10 x 200 x Continuous 2's M:38-50 W: 40-60

Shin/Hip Circuits

**VERSA BANDS**

**SHIN WALKS**

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47

## Recovery Days – Comp Practice Session

Example Sheets

Minnesota State - FEAR THE BULL

Wednesday February 12, 2020

1:00 PM - 6:00 PM POOL at Myers Field House

*(1:00 and 2:00pm - REGULAR practice times, so there shouldn't be any scheduling issues)*

Pool Workout

**Pool Workout**

1 x 3 x 150 x 3 laps w/ Kickboard
1 x 1 x 0 x Resisted Sprint Drills

**A's, B's, In & Outs, Scissors, Open Doors**

1 x 10 x 0 x Jump - Dips Ladder start at 10
1 x 10 x 0 x Water Running 30 on 30 off (with aqua joggers)
1 x 4 x 0 x Underwater Swim

**BIKE WORKOUT ALTERNATIVE**

1 x 1 x 0 x 5 minute warm-up
1 x 1 x 0 x 15 minutes of 30sec on/30 second off
1 x 0 x 5 minute cool-down

2:30 PM - 6:00 PM WEIGHTS AFTER PRACTICE

Lifting Plan

**WARM-UP #1**

Jog/Alternating Side-Shuffle 2 laps. (Above Taylor Center concourse)
Leg Swings Side to Side Ab/Adductor 1 x 10 each leg each way

Use 45lb bar or PVC Pipe - Hang Clean into Overhead Press 2x 5
Front Squats w/ Bar 2x10

| DAY #1 | (50 Min) | MONDAY | | |
|---|---|---|---|---|
| | | 3-Feb | 10-Feb | 17-Feb |
| Power Cleans From The Floors | 1) | 169 | 169 | 180 |
| 4x2 | 2) | 169 | 169 | 180 |
| Explode off the ground | 3) | 169 | 169 | 180 |
| Light and Fast! | 4) | 169 | 169 | 180 |
| Pogo Jumps (bunny hops) | 1) | 4x10 | 4x10 | 4x10 |
| 4x10 | 2) | 4x10 | 4x10 | 4x10 |
| Stiff Legs, Jump up! | 3) | 4x10 | 4x10 | 4x10 |
| React off the ground | 4) | 4x10 | 4x10 | 4x10 |
| Single Arm Dumbbell Snatch | 1) | 55 | 55 | 55 |
| 4x4 Each Arm weight is DB weight | 2) | 55 | 55 | 55 |
| Start with knees bent, DB in front | 3) | 55 | 55 | 55 |
| Snap up and push tall | 4) | 55 | 55 | 55 |
| Lateral Bench Hops | 1) | 4x10 | 4x10 | 4x10 |
| 4x10 (5 each side) | 2) | 4x10 | 4x10 | 4x10 |
| Double foot contacts | 3) | 4x10 | 4x10 | 4x10 |
| | 4) | 4x10 | 4x10 | 4x10 |
| Pull-ups | 1) | 4x10 | 4x10 | 4x10 |
| Use band if needed | 2) | 4x10 | 4x10 | 4x10 |
| 4x10 | 3) | 4x10 | 4x10 | 4x10 |
| | 3) | 4x10 | 4x10 | 4x10 |
| Explosive Single Leg Step Ups | 1) | 4x10 | 4x10 | 4x10 |
| 4x10 (5 each leg) | | | | |

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48

# Thank You!!


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49