

TRACK & FIELD TRAINING SCHEDULE

General Prep -- Sep. 18-Nov. 5

Updated 10/1/2017 16:13

WEIGHTS:	End of each workout (except Wednesdays) -- See Weekly Lifting Schedule & WR Recording Chart Check with S&C for Ratcliffe Open Lift. Our Weight Room window is 5-6pm, MTuThF (when supervision is available).
FLEXIBILITY & RECOVERY:	Finish every session with at least a 10min (and preferably 20min) stretching circuit; 20-30min on Wednesdays. Follow up with food and fluids -- get them in within 30 minutes of your workout for best recovery effect! Any past re-hab routines should be done as pre-hab at least 3 times per week!
*CONDITIONING CIRCUIT NOTES	Stations can be just about anything - core exercises, body weight strength exercises, med-ball exercises, mobility exercises (crawls, hurdle walks), drills, etc. The key is to be highly active during the "on" portion. The "off" portion can be a jog to the next session or simply preparing for the next "on".
**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.

Week 1 - Sep. 18-24			
FOCUS:		Develop work capacity for November training. Use OUTDOOR track/facilities whenever possible. See notes at bottom for workout explanations.	
		ATP-CP	Glycolytic
		Work on getting the General Warm-Up down to 30min (without sacrificing Sweat Run)	
		Throws	
TRAINING:	M	Sprint Tech Prep Acceleration Circuits 2 Sets w/ 1min between elements/5min recovery between sets: 10 Drop Steps; 10 Squat Jumps; 10 Step-Jumps (each leg); 2x50m Skips for Height	
	TU	Interval Prep 6xSuicides (Women's Hurdle Marks 1-4) (4min)	Interval Prep 8x300m (Men @ 17s/100m; J-J-W-H-D-R) (Women @ 21s/100m: J-W-H-D-R)
	W	Hurdle Prep Agility Circuits: 8x10m or Equivalent Hurdle Walk-Overs: 8x10 Hurdles Crawl Series: 8x10m	
	TH	Jumps Prep 2xFull Stadiums (up each set of stairs in Pomoco; 2-4 steps at a time)	
	F	Interval Prep 6 Laps Straights & Turns (outdoors) (hard striders on straights/walk turns first 3, reverse for last 3)	Interval Prep 8 Laps Straights & Turns (outdoors) (hard striders on straights/walk turns first 4, reverse for last 4)
		Follow Coach Napolitano's Guidelines Be ready for Nov. 6!	

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**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.

Week 2 - Sep. 25-Oct. 1

FOCUS:	Develop work capacity for November training. Use outdoor track/facilities whenever possible.		
	ATP-CP	Glycolytic	Throws
	Work on getting the General Warm-Up down to 30min (without sacrificing Sweat Run)		
TRAINING:	M	<i>Sprint Tech Prep</i> Acceleration Circuits 2 Sets w/ 1min between elements/5min recovery between sets: 10 Drop Steps; Run Stadium*; Double-Leg Hop Stadium*; 2x50m Skips for Height <i>*1 flight, multiple steps at a time</i>	
	TU	<i>Interval Prep</i> 3x200m,150m,100m,50m (2min/4min)	<i>Interval Prep</i> 3x400m,300m,200m (Men @ 17s/100m; J-J-W-H-D-R) (Women @ 21s/100m: J-J-W-H-D-R)
	W	<i>Hurdle Prep (Vaulters - PV Prep w/ Poles)</i> Agility Circuits: 8x10m or Equivalent Hurdle Walk-Overs: 8x10 Hurdles Crawl Series: 8x10m	
	TH	<i>Jumps Prep</i> Multi-Throws (Vertical Circuit) Multi-Jumps (Stop-Action B)	
	F	<i>Interval Prep</i> 20-40-60-80's (5x20m back & forth, jog 400m; 5x40m back & forth, jog 400m; etc.)	
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**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.

Week 3 - Oct. 2-8

FOCUS:	Develop work capacity for November training. Use outdoor track/facilities whenever possible.		
	ATP-CP	Glycolytic	Throws
	Work on getting the General Warm-Up down to 30min (without sacrificing Sweat Run)		
TRAINING:	M	Sprint Tech Prep Acceleration Circuits 2 Sets w/ 1min between elements/5min recovery between sets: 10 Drop Steps;10 Squat Jumps;10 Step-Jumps (each leg);2x50m Block Skips (i.e. alternating Skip for Height)	
	TU	Interval Prep 2x4x200m (smooth-fast) (start every 3min/6min)	Interval Prep 7x400m (Men @ 17s/100m; J-J-W-W-H-D-R) (Women @ 21s/100m: J-W-H-D-R)
	W	Hurdle Prep (Vaulters - PV Prep w/ Poles) Agility Circuits: 8x10m or Equivalent Hurdle Walk-Overs: 8x10 Hurdles Crawl Series: 8x10m	
	TH	Jumps Prep Multi-Throws (Basic Circuit) Multi-Jumps (Stop-Action A)	
	F	Interval Prep 100m,100m,100m,200m; 100m,100m,200m,100m; 100m,200m,100m,100m; 200m,100m,100m,100m (jog 100m/4min)	
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**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.

Week 4 - Oct. 9-15

FOCUS:	Develop work capacity for November training. Use outdoor track/facilities whenever possible.		
	ATP-CP	Glycolytic	Throws
	Work on getting the General Warm-Up down to 30min (without sacrificing Sweat Run)		
TRAINING:	M	<p style="text-align: center;"><i>Sprint Tech Prep</i> Acceleration Circuits 3 Sets w/ 5min recovery between sets: 10 Step-Jumps (each leg); Full Stadium (run up each stairway 2-3 steps at a time, walk down)</p>	
	TU	<p style="text-align: center;"><i>Interval Prep</i> 5xSuicides (Women's Hurdle Marks 1-5) (5min)</p>	<p style="text-align: center;"><i>Interval Prep</i> 10x200m (Men @ 16s/100m; J-J-W-H-D-R) (Women @ 19s/100m: J-W-H-D-R)</p>
	W	<p style="text-align: center;"><i>Hurdle Prep (Vaulters - PV Prep w/ Poles)</i> Agility Circuits: 8x10m or Equivalent Hurdle Walk-Overs: 8x10 Hurdles Crawl Series: 8x10m</p>	
	TH	<p style="text-align: center;"><i>Jumps Prep</i> Multi-Throws (Vertical Circuit) Multi-Jumps (Stop-Action B)</p>	
	F	<p style="text-align: center;"><i>Interval Prep</i> 6 Laps Straights & Turns (outdoors) (hard striders on straights/walk turns first 3, reverse for last 3)</p>	<p style="text-align: center;"><i>Interval Prep</i> 8 Laps Straights & Turns (outdoors) (hard striders on straights/walk turns first 4, reverse for last 4)</p>
		<p style="color: #0070c0;">Follow Coach Napolitano's Guidelines Be ready for Nov. 6!</p>	

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**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.

Week 5 - Oct. 16-22				
FOCUS:	FALL BREAK (but not a complete break from training!) Develop work capacity (general fitness).			
	ATP-CP	Glycolytic	Throws	
	Work on getting the General Warm-Up down to 30min (without sacrificing Sweat Run)		Follow Coach Napolitano's Guidelines Be ready for Nov. 6!	
TRAINING:	M	Active Rest		
	T U	Active Rest		
	W	Hurdle Prep (Vaulters - PV Prep w/ Poles) Agility Circuits: 10x10m or Equivalent Hurdle Walk-Over: 10x10 Hurdles Crawl Series: 10x10m		
	T H	Jumps Prep Multi-Throws (Plyometric Circuit) Multi-Jumps (Stop-Action A)		
	F	Interval Prep 2x20-40-60's (5x20m back & forth, jog 400m; etc.) (5min)		Interval Prep 2x40-60-80's (5x40m back & forth, jog 400m; etc.) (4min)

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**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.

Week 6 - Oct. 23-29

FOCUS:	Develop work capacity for November training. Use outdoor track/facilities whenever possible.		
	ATP-CP	Glycolytic	Throws
	Work on getting the General Warm-Up down to 30min (without sacrificing Sweat Run)		
TRAINING:	M	<i>Sprint Tech Prep</i> Acceleration Circuits 3 Sets w/ 5min recovery between sets: 10 Step-Jumps (each leg); 3xLong Stadium Flight (2 steps at a time, 3 steps, then max steps;walk down); 3x20m Acceleration (1min recovery)	
	TU	<i>Interval Prep</i> 6xSuicides (Women's Hurdle Marks 1-5) (4min)	<i>Interval Prep</i> 7x300m (Men @ 16s/100m; J-J-W-H-D-R) (Women @ 19s/100m: J-W-H-D-R)
	W	<i>Hurdle Prep</i> Agility Circuits: 10x10m or Equivalent Hurdle Walk-Overs: 10x10 Hurdles Crawl Series: 10x10m	
	TH	<i>Jumps Prep</i> Multi-Throws (Vertical Circuit) Multi-Jumps (Continuous A)	
	F	<i>Interval Prep</i> 6 Laps Straights & Turns (outdoors) (hard striders on straights/walk turns first 3, reverse for last 3)	<i>Interval Prep</i> 8 Laps Straights & Turns (outdoors) (hard striders on straights/walk turns first 4, reverse for last 4)
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**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.

Week 7 - Oct. 30-Nov. 5

FOCUS:	Develop work capacity for November training. Use outdoor track/facilities whenever possible.		
	ATP-CP	Glycolytic	Throws
	Work on getting the General Warm-Up down to 30min (without sacrificing Sweat Run)		
TRAINING:	M	<i>Sprint Tech Prep</i> Acceleration Circuits 3 Sets w/ 5min recovery between sets: 10 Step-Jumps (each leg); Full Stadium (run up each stairway max steps at a time, walk down)	
	TU	<i>Interval Prep</i> 3x200m,150m,100m,50m (2min/4min)	<i>Interval Prep</i> 2x400m,300m,200m,300m (Men @ 16s/100m; J-J-W-H-D-R) (Women @ 19s/100m: J-J-W-H-D-R)
	W	<i>Hurdle Prep</i> Agility Circuits: 10x10m or Equivalent Hurdle Walk-Overs: 10x10 Hurdles Crawl Series: 10x10m	
	TH	<i>Jumps Prep</i> Multi-Throws (Plyometric Circuit) Multi-Jumps (Stop-Action B)	
	F	<i>Interval Prep</i> 100m,100m,100m,200m; 100m,100m,200m,100m; 100m,200m,100m,100m; 200m,100m,100m,100m (jog 100m/4min)	
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**WEEKEND NOTES	Saturdays would be a good day for "Team Conditioning" (ultimate frisbee, beach volleyball, etc.). Sundays should be an "Active Rest" day - light warm-up & LOTS of stretching.
Workout Notes	
SUICIDES	Without stopping, sprint from the start line to the first hurdle mark, back to the starting line, to the second hurdle mark, etc.
GLYCO TUESDAYS	The Glyco progression is pace-specific - these are not designed to go faster than the prescribed pace (per 100m). Use a repeating count-down timer with an alarm & set it for the prescribed 100m pace. Make sure your 100m splits are on pace. Let the count-down timer continue for the active recovery. Each letter is a recovery segment (1 time interval): J = Jog; W = Walk; H = Hydrate; D = Drills; R = Ready (get to the line for your next interval)
AGILITY CIRCUITS	Ladder Drills (10m long) (or sets of your inventions)
HURDLE WALKS	Hurdles are under the stadium - please return them to storage after each use.
MULTI-THROWS & JUMPS	Circuit sheets are available on workout page. Use as heavy a medicine ball as is manageable. All Multi-Jump activities should be done on grass. If indoor training is required, use the tumbling mats.
	Work in groups - maintain the momentum and routine developed during Fall Camp & be ready for November 6!