

TRACK & FIELD TRAINING SCHEDULE

Specific Prep Phase -- Dec. 4-10

Updated 12/4/2017 1:37

12/4/17 - Monday											
S-H-J-T-M Meeting at 3:00pm in Freeman 202 -- Meet Week Focus											
Other Notes: Distance - no meeting.											
Group		Warm-Up		Focus & Unit Activity			Focus & Unit Activity			Focus & Unit Activity	
Sprints	3:20 PM	3:50	Balanced Movement	3:50 - Agility Circuit 4:00 - Sprint Tech Prep	4:10	Mindful Progression	4:10 - 3pt Push Progression (to knee) 4:25 - Blocks Push Progression (get to knee position-prep 2nd step)	4:35	Turn Start Instruction	4:35 - Turn Starts Alignment	
Hurdles	3:20 PM	3:50	Ground Force Full Extension	Hurdle Prep II 4:00 - 3pt Push Progression (get to knee position)	4:10	Take-Off Point	4:10 - Block Starts to 1st Hurdle TO 4:20 - Block Starts over 1st Hurdle *Marked Take-Off Point	4:35	to Sprints		
High Jump	3:20 PM	3:50	Mindful Warm-Up	3:50 - HJ Prep 4:00 - Circle Pops	4:10	Take-Off & Flight Mechanics	4:10 - 1/2 Circle Stomps 4:20 - Arch Jumps	4:30	to Sprints	(include 2pt pushes)	
Pole Vault	3:20 PM	3:50	Posture, Balance & Rhythm	3:50 - PV Jump Prep 4:00 - Wall Plants/ Stubbie Dance	4:10	Take-Off Mechanics	4:10 - A-Jumps (w/LJ) 4:20 - Slide Box Pops	4:30	Take-Off Mechanics (Pole Separation)	Short Approach Straight Pole Jumps (to flat)	
LJ-TJ	3:20 PM	3:50	Mindful Warm-Up	Jumps Prep w/ Extended Gallup Progression	4:10	Take-Off Mechanics	A-Jumps B-Jumps	4:30	to Sprints	(include 2pt Pushes)	
Throws	3:20 PM	3:50	Wind Rhythm	3:50 - Med Ball/Weight Winds 4:00 - Winds -> 90/270	4:10	Turn Balance	4:10 - 90's/180's/270's 4:20 - Multi-Turns 4:30 - Fast Turns	4:40	Turn Rhythm	4:40 - Turns Across the Circle (from Wind)	
Javelin											
Combined Events	3:30 PM	Pent/Heptathletes: Hurdles () Hept/Decathletes: Pole Vault ()									
Finishing Unit		Weight Room - Lower Body I			Core & Extended Flexibility			Recovery Starters			
12/5/17 - Tuesday											
Other Notes:											
Group		Warm-Up		Focus & Unit Activity			Focus & Unit Activity			Focus & Unit Activity	
Sprints	3:20 PM	3:50	Posture & Range of Motion	3:50 - Crawl Series 4:00 - Hurdle Walks 4:10 - Interval Prep	4:20	ATP-CP: Posture	10xTech-Flying 30m (3min)		Glyco: 400m Pace	TT 200m, 8xTimed 80m, 20m lead (3min)	
Hurdles	3:20 PM	3:50	Mindful Warm-Up	Hurdle Prep I 4-Count Rhythm->Cut	4:10	Rhythm	Banana Hurdle Rhythm Runs	4:20	to Sprints		
High Jump	3:10 PM	3:40	Posture & Range of Motion	3:40 - Hurdle Walks 3:50 - Crawl Series	4:00	Approach Shape	4:00 - HJ Prep 4:10 - Rhythm Apps (first 7 steps)	4:20	to LJ/TJ		
Pole Vault	3:10 PM	3:40	Approach Elements	3:40 - PV Approach Prep 3:50 - First 4 steps (w/ pole)	4:00	Measured Approach Prep	4:00 - Rhythm Apps 4:10 - Towel Approaches	4:30	to Sprints		
LJ-TJ	3:20 PM	3:50	Posture & Range of Motion	3:50 - Hurdle Walks 4:00 - Crawl Series	4:10	Approach Rhythm	4:10 - Jumps Prep 4:20 - Rhythm Apps (B-Marks)	4:30	to Sprints		
Throws	3:30 PM	4:00	Entry Balance	4:00 - Entry Progressions 4:15 - 20m Entries	4:20	Release Posture	4:20 - Release A-B-C's 4:35 - Power Throws	4:45	Connections	4:45 - Drive-Stop Throws	
Javelin											
Combined Events	3:00 PM	Pent/Heptathletes: Early SP; HJ; LJ () Hept/Decathletes: Early SP; HJ; LJ ()									
Finishing Unit		Weight Room - Upper Body I			Core & Flexibility			Recovery Starters			

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12/6/17 - Wednesday										
Other Notes:										
Group	Warm-Up	Focus & Unit Activity			Focus & Unit Activity			Focus & Unit Activity		
Sprints	3:30 PM	4:00	Balanced Movement	4:00 - Agility Circuit 4:10 - Sprint Tech Prep	4:20	Repeating on 2nd Step	4:20 - 3pt 1st Push Progression 4:30 - Blocks Push Progression	4:40	Postural Alignment	4:40 - High Knee Accelerations 4:50 - Bosch Drills & Wickets
Hurdles	3:30 PM	4:00	Ground Force Full Extension	Hurdle Prep II 4:10 - 3pt Push Progression (get to 2nd step)	4:20	Take-Off Point	4:20 - Block Starts to 1st Hurdle TO 4:30 - Block Starts over 1st Hurdle *Marked Take-Off Point (full height)	4:40	to Sprints	
High Jump	3:00 PM	3:30	Mindful Warm-Up	3:30 - HJ Prep 3:40 - Gallup Progression	3:50	Ground & Flight Mechanics	3:50 - Circle Pops 4:00 - Arch Jumps	4:10	to LJ/TJ	non-TJ = 1/2 Circle Stomps
Pole Vault	3:00 PM	3:30	Posture, Balance & Rhythm	3:30 - PV Jump Prep 3:40 - Wall Plants/ Stubbie Dance	3:50	Take-Off Mechanics	3:50 - Gallup Progression/ Slide Box Pops 4:00 - Short App Jumps	4:30	to Sprints	
LJ-TJ	3:20 PM	3:50	Ground Mechanics	3:50 - Jumps Prep 4:00 - TJ Multi-Jumps	4:15	Take-Off Mechanics	4:15 - A&B-Jumps	4:30	to Sprints	(include 2pt Pushes)
Throws	3:30 PM	4:00	Wind Rhythm	4:00 - Med Ball/Weight Winds 4:10 - Winds -> 90/270	4:20	Turn Balance	4:20 - 90's/180's/270's & Multi-Turns 4:30 - Fast Turns	4:40	Turn Rhythm	4:40 - Turns Across the Circle (from Wind)
Javelin										
Combined Events	3:00 PM		Pent/Heptathletes: HJ; LJ () Hept/Decathletes: HJ; LJ ()							
Finishing Unit		Weight Room - Lower Body II			Core & Flexibility			Recovery Starters		
12/7/17 - Thursday										
Other Notes:										
Group	Warm-Up	Focus & Unit Activity			Focus & Unit Activity			Focus & Unit Activity		
Sprints	3:20 PM	3:50	Posture & Range of Motion	3:50 - Crawl Series 4:00 - Hurdle Walks 4:10 - Interval Prep	4:20	ATP-CP: Race Modeling	4x2x80m (walk 40m/6min)		Glyco: Race Modeling	3x250m, 150m (Goal Effort 200m) (1min/10min)
Hurdles	3:20 PM	3:50	Mindful Warm-Up	Hurdle Prep I 4-Count Rhythm->Cut	4:10	Rhythm	Banana Hurdle Rhythm Runs	4:20	to Sprints	
High Jump	3:10 PM	3:40	Approach Shape	3:40 - HJ Prep 3:50 - Rhythm Apps	4:00	Approach Metrics	4:00 - App Measurement	4:20	to LJ/TJ	
Pole Vault	3:10 PM	3:40	Approach Elements	3:40 - PV Approach Prep 3:50 - First 4 steps (w/ pole)	4:00	Measured Approach Prep	4:00 - Rhythm Apps 4:10 - Towel Approaches 4:20 - Runway Approaches	4:30	to Sprints	
LJ-TJ	3:20 PM	3:50	Posture & Range of Motion	3:50 - Hurdle Walks 4:00 - Crawl Series	4:10	Approach Rhythm	4:10 - Jumps Prep 4:20 - Rhythm Apps (C-Marks)	4:30	to Sprints	
Throws	3:30 PM	4:00	Entry Balance & Rhythm	4:00 - Entry Progressions 4:15 - 20m Entries	4:20	Release Posture	4:20 - Release A-B-C's 4:35 - Power Throws	4:45	Connections	4:45 - Drive-Stop Throws
Javelin										
Combined Events	3:00 PM		Pent/Heptathletes: Early SP; All Approaches () Hept/Decathletes: All Approaches ()							
Finishing Unit					Core & Extended Flexibility			Recovery Starters		

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12/8/17 - Friday										<i>Full Team Meeting & Event Group Break-outs - 3pm in the Freeman Center side bleachers.</i>									
Other Notes:																			
Group		Warm-Up		Focus & Unit Activity					Focus & Unit Activity					Focus & Unit Activity					
Sprints	3:30 PM	4:00	4:00	Pre-Meet	Push Progressions	4:15	4:15	Great Pushes	4:15 - Blocks on Straights	4:30	4:30	4:30	4:45	Relays:	Long Relay Exchanges				
									4:30 - Blocks on Turns					Visual Exchanges					
Hurdles	3:30 PM	4:00	4:00	Pre-Meet	Full Hurdle Prep	4:10	4:10	Acceleration Pattern	1-Hurdle, 2-Hurdles, 3 Hurdles	4:30	4:30	4:30	4:30	to Sprints					
High Jump	3:30 PM	4:00	4:00	Pre-Meet	HJ Prep --> Rhythm Approachs	4:15	4:15	Consistent Shape	Measured Approaches --> Full Approach Pops	4:30	4:30	4:30	4:30	to Event #2					
Pole Vault	3:30 PM	4:00	4:00	Pre-Meet	Full Competition Prep	4:30	4:30	to Other Events/ Pole Prep		4:50	4:50	4:50	4:50						
LJ-TJ	3:30 PM	4:00	4:00	Pre-Meet	Jumps Prep w/ Push Progressions	4:10	4:10	Run-Thru Modeling	Full Speed Rhythm Apps 2, adjust, and 1	4:30	4:30	4:30	4:30	to Sprints					
Throws	3:30 PM	4:00	4:00	Pre-Meet	WT Competition Prep --> 1 Full Throw	4:30	4:30	Transition	SP Competition Prep --> 1 Full Throw	4:50	4:50	4:50	4:50	Meet Prep	Cage & Implement Preparations				
Javelin																			
Combined Events	3:00 PM	Pent/Heptathletes: Competition Events (Pre-Meet) Hept/Decathletes: Competition Events (Pre-Meet)																	
Finishing Unit				Weight Room - Lower Body					Core & Extended Flexibility					Recovery Starters					
12/9/17 - Saturday										HOLIDAY OPEN									
12/10/17 - Sunday										Active Rest									
Other Notes: Active Rest - Include any Rehab/Prehab as recommended by the Coaches & Sports Medicine Staff																			