

TRACK & FIELD TRAINING SCHEDULE

Indoor Competition Phase -- Feb. 12-18

Updated 2/11/2018 19:02

2/12/18 - Monday													
FULL TEAM MEETING - 3pm in Freeman 202 - Indoor Conference Championships Prep													
Other Notes:													
Group		Warm-Up		Focus & Unit Activity				Focus & Unit Activity				Focus & Unit Activity	
Sprints	3:30 PM	4:00	Posture & Range of Motion	4:00 - Crawl Series Hurdle Walks 4:10 - Interval Prep	4:20	ATP-CP: Race Modeling	3x3x100m (walk back 50m/full)	4:20	Glyco: 400m Race Model	3x250m, 200m (walk across/full)			
Hurdles	3:30 PM	4:00	Mindful Warm-Up	Hurdle Prep I Starts thru 2 hurdles	4:20	60m Hurdles: Speed over Hurdles	5-step Hurdles (2+3 Hurdles)						
High Jump	3:30 PM	4:00	Approach Shape	4:00 - HJ Prep 4:10 - Rhythm Apps	4:20	to Sprints							
Pole Vault	3:30 PM	4:00	Measured Approach Prep	4:00 - Rhythm Apps 4:10 - Towel Approaches	4:20	to Sprints							
LJ-TJ	3:30 PM	4:00	Approach Rhythm	4:00 - Jumps Prep 4:10 - Rhythm Apps	4:20	to Sprints							
Throws	3:30 PM	4:00	Wind Rhythm	EXTENDED WARM-UP Walking Winds x1		Turn Position & Balance	Plate Catch & Turn 2x6 Push Start Turns x2		Release Rhythm	1-Turn x0, 4 2-Turn x4, 8 3-Turn x8, 0			
Javelin													
Combined Events	3:30 PM		Pent/Heptathletes: Conference Events () Hept/Decathletes: Conference Events ()										
Finishing Unit		Weight Room - Primary I				Core & Flexibility				Recovery Starters			
2/13/18 - Tuesday													
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	Fast, Full Pushes	4:20 - 3pt Exaggerated Push Progression 4:30 - Blocks Push Progression	4:45	Postural Alignment	High Knee Accelerations/ Bosch Drills & Wickets			
Hurdles	3:30 PM	4:00	Ground Force Full Extension	Hurdle Prep II Push Progressions (incl Blocks)	4:20	Take-Off Point	4:20 - Block Starts to/over 1st Hurdle 4:30 - Block Starts over 3 Hurdles *Marked Take-Off Points; extra cheat	4:45	to Sprints				
High Jump	3:00 PM	3:30	Mindful Warm-Up	3:30 - HJ Prep 3:40 - Gallups/Last 3 Steps	3:50	Take-Off & Flight Mechanics	3:50 - Circle Pop Progression 4:00 - Stacked Mat Jumps 4:10 - High Bar Jumps	4:30	to Sprints	(include 2pt pushes)			
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 - Sand Jumps 4:00 - Short Approach Jumps 4:15 - Full Jump Progression	4:45	to Sprints				
LJ-TJ	3:10 PM	3:40	Mindful Warm-Up	Jumps Prep w/ Extended Rudiment Hops	4:00	Competition Ground Mechanics	Short Approach Jumps	4:30	to Sprints	(include 2pt Pushes)			
Throws	3:30 PM	4:00	Lower Body Activation	EXTENDED WARM-UP SL Glute Contractions - 30s ea Heel Switches 3x10		Entry & Release Balance	Release A-B-C's x6e R: 180's w/ Pipe x206 G: SL RDL Balance x30s ea Power Throws x3		Connections	R: Wheels x3, S-A x3 G: A-Frame x3; Full Throws x6-10/6-10			
Javelin													
Combined Events	3:00 PM		Pent/Heptathletes: Conference Events () Hept/Decathletes: Conference Events ()										
Finishing Unit		Weight Room - Auxiliary				Core & Flexibility				Recovery Starters			

TRACK & FIELD TRAINING SCHEDULE

Indoor Competition Phase -- Feb. 12-18

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2/14/18 - Wednesday										
Other Notes:										
Group	Warm-Up	Focus & Unit Activity				Focus & Unit Activity				Focus & Unit Activity
Sprints	3:30 PM	4:00	Posture & Range of Motion	3:50 - Crawl Series 4:00 - Hurdle Walks 4:10 - Interval Prep	4:20	ATP-CP: Posture	8xTech-Flying 30m (4min)		Glyco: 400m Pace	4x 200m, Timed 80m @ 20m, 120m (6min)
Hurdles	3:20 PM	3:50	Mindful Warm-Up	Hurdle Prep I 4-Count Rhythm->Cut	4:10	Rhythm	Banana Hurdle Rhythm Runs (FAST!)	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	4:20	to Sprints	
Pole Vault	3:00 PM	3:30	Approach Elements	3:30 - PV Approach Prep 3:40 - Push Progressions	3:50	Measured Approach Prep	3:50 - Rhythm Apps 4:00 - Towel Approaches	4:10	to Sprints	
LJ-TJ	3:10 PM	3:40	Posture & Range of Motion	3:40 - Hurdle Walks 3:50 - Crawl Series	4:00	Approach Rhythm	4:00 - Jumps Prep 4:10 - Rhythm Apps	4:20	to Sprints	
Throws	3:30 PM	4:00	Championship Prep	TBD						
Javelin										
Combined Events	3:00 PM		Pent/Heptathletes: Conference Events () Hept/Decathletes: Conference Events ()							
Finishing Unit			Core & Extended Flexibility				Recovery Starters			
2/15/18 - Thursday										
Other Notes:										
Group	Warm-Up	Focus & Unit Activity				Focus & Unit Activity				Focus & Unit Activity
Sprints	3:30 PM	4:00	Pre-Meet	Push Progressions	4:15	Great Pushes	4:15 - Blocks on Straights 4:30 - Blocks on Turns	4:45	Relays: Visual Exchanges	Long Relay Exchanges
Hurdles	3:30 PM	4:00	Pre-Meet	Full Hurdle Prep	4:10	Acceleration Pattern	1-Hurdle, 2-Hurdles, 3 Hurdles	4:30	to Sprints	
High Jump	3:30 PM	4:00	Pre-Meet	HJ Prep --> Rhythm Approachs	4:15	Consistent Shape	Measured Approaches --> Full Approach Pops	4:30	to Event #2	
Pole Vault	3:00 PM	3:30	Pre-Meet	Full Competition Prep	4:30	to Other Events/ Pole Prep				
LJ-TJ	3:20 PM	3:50	Pre-Meet	Jumps Prep w/ Push Progressions	4:10	Competition Prep	Measured Approaches (on runway)	4:30	to Sprints	
Throws	3:30 PM	4:00	Pre-Meet	Priming						
Javelin										
Combined Events	3:00 PM		Pent/Heptathletes: Pre-Meet () Hept/Decathletes: Pre-Meet ()							
Finishing Unit			Throwers' Priming				Core & Extended Flexibility			Recovery Starters
2/16/18 - Friday										
CAC INDOOR CHAMPIONSHIPS - DAY 1										
2/17/18 - Saturday										
CAC INDOOR CHAMPIONSHIPS - DAY 2										
2/18/18 - Sunday										
Other Notes: Active Rest - Include any Rehab/Prehab as recommended by Brittney or the Coaching Staff										