

TRACK & FIELD TRAINING SCHEDULE

Outdoor Championships -- Apr. 30-May. 6

Updated 4/30/2018 14:26

4/30/18 - Monday										
Other Notes: Food Money - 3pm										
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	Extension	4:20 - Full Push Progressions 4:30 - Bosch/Wicket Drills	4:40	Relays: Consistent Exchanges	Blind Exchanges Long Relay Exchanges
Hurdles	3:30 PM	4:00	Ground Force Full Extension	Hurdle Prep II Push Progressions (incl Blocks)	4:15	Acceleration Pattern	Starts over 3 Hurdles (110/100m) Starts over 2 Hurdles (400m)	4:40	to Sprints	
High Jump	3:00 PM	3:30	Mindful Warm-Up	3:30 - HJ Prep 3:40 - Gallups/Last 3 Steps	3:50	Ground & Flight Mechanics	3:50 - Circle Pops 4:00 - Full Approach Stomps 4:10 - Full Approach Jumps	4:20	to Sprints	(include 2pt Pushes)
Pole Vault	3:00 PM	3:30	Posture, Balance & Rhythm	3:30 - PV Jump Prep 3:40 - Slide Box Progression	3:50	Take-Off Mechanics	Short Approach Jumps	4:05	Full Approach	Run Thrus Drive Plants High Bar Jumps
LJ-TJ	3:20 PM	3:50	Ground Mechanics	Jumps Prep Multi-Jumps Prep	4:00	Take-Off Mechanics	TJ Phase Progressions (LJ - A/B Emphasis)	4:20	to Sprints	
Throws	3:30 PM	4:00	Mindful Warm-Up	EXTENDED WARM-UP		Conference	Conference Optimization			
Javelin	3:30 PM	4:00	to Other Events							
Combined Events	3:30 PM	Pent/Heptathletes: Conference Events () Hept/Decathletes: Conference Events ()								
Finishing Unit		Weight Room - Primary I			Core & Flexibility			Recovery Starters		
5/1/18 - 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: CP Power	Lions & Gazelles (250m & 150m)		Glyco: 200m Power	Lions & Gazelles (250m & 150m)
Hurdles	3:20 PM	3:50	Mindfulness Rhythm	Hurdle Prep I (Rhythm) 4-Count Rhythm	4:00	Stride Management	Dribbling Drills 20m Stride Counts 4xBanana Hurdles (alt lead legs)	4:20	110m Hurdles	3-5x Mixed 3&5-Step Hurdles (Full)
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 (Marked)	4:20	to Sprints	
Pole Vault	3:10 PM	3:40	Approach Elements	3:40 - PV Approach Prep 3:50 - Push Progressions	4:00	Measured Approach Prep	4:00 - Rhythm Apps 4:10 - Slide-Box Approaches	4:20	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 (Marked)	4:20	to Sprints	
Throws	3:30 PM	4:00	Mindful Warm-Up	EXTENDED WARM-UP		Conference	Conference Optimization			
Javelin	2:30 PM	3:00	Mindfulness	Stick Series	3:15	Moving Releases	Competition Throws	3:30	to Other Events	
Combined Events	3:00 PM	Pent/Heptathletes: Conference Events () Hept/Decathletes: Conference Events ()								
Finishing Unit		Auxiliary			Core & Extended Flexibility			Recovery Starters		

TRACK & FIELD TRAINING SCHEDULE

Outdoor Championships -- Apr. 30-May. 6

Updated 4/30/2018 14:26

5/2/18 - 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	Mindful Progression thru 4th Step (exaggerate)	4:20 - Blocks on Straights 4:30 - Blocks on Turns	4:45	Relays: Perfect Exchanges	Blind Exchanges Long Relay Exchanges			
Hurdles	3:30 PM	4:00	Ground Force Full Extension	Hurdle Prep II Push Progressions (incl Blocks)	4:15	Acceleration Pattern	Starts over 3 Hurdles (110/100m) Starts over 2 Hurdles (400m)	4:40	400m Hurdles	3-4xFirst 3-Walk-Last 3			
High Jump	3:00 PM	3:30	Mindful Warm-Up	3:30 - HJ Prep 3:40 - Gallups/Last 3 Steps	3:50	Ground & Flight Mechanics	3:50 - Circle Pops 4:00 - Full Approach Stomps 4:10 - Full Approach Jumps	4:20	to Sprints	(include 2pt Pushes)			
Pole Vault	3:00 PM	3:30	Posture, Balance & Rhythm	3:30 - PV Jump Prep 3:40 - Slide Box Progression	3:50	Take-Off Mechanics	Short Approach Jumps	4:05	Full Approach	Run Thrus Drive Plants High Bar Jumps			
LJ-TJ	3:20 PM	3:50	Ground Mechanics	Jumps Prep Multi-Jumps Prep	4:00	Take-Off Mechanics	Short Approach Jumps	4:20	to Sprints				
Throws	3:30 PM	4:00	Mindful Warm-Up	EXTENDED WARM-UP		Conference	Conference Optimization						
Javelin	OYO		Approach Mechanics	4x60m XO Walks 4x60m XO Runs									
Combined Events	3:00 PM	Pent/Heptathletes: Conference Events () Hept/Decathletes: Conference Events ()											
Finishing Unit		Extended Core & Flexibility					Recovery Starters						
5/3/18 - Thursday													
Other Notes:													
Group	Warm-Up	Focus & Unit Activity				Focus & Unit Activity				Focus & Unit Activity			
Sprints	3:20 PM	3:50	Pre-Meet	Push Progressions	4:15	Great Pushes	4:15 - Blocks on Straights 4:30 - Blocks on Turns	4:45	Relays: Meet Exchanges	Blind Exchanges Long Relay Exchanges			
Hurdles	3:20 PM	3:50	Pre-Meet	Full Hurdle Prep	4:10	Acceleration Pattern	1-Hurdle, 2-Hurdles, 3 Hurdles	4:30	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 - Measured Approaches	4:20	to Sprints				
Pole Vault	3:00 PM	3:30	Pre-Meet	Full Competition Prep		to Other Events/ Pole Prep	Big Pole Confidence	4:20	to Sprints				
LJ-TJ	3:10 PM	3:40	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	Mindful Warm-Up	EXTENDED WARM-UP		Conference	Conference Optimization						
Javelin	2:30 PM	3:00	Pre-Meet	Shoulder Mobility Rhythm Approaches		to Other Events							
Combined Events	3:00 PM	Pent/Heptathletes: Conference Events () Hept/Decathletes: Conference Events ()											
Finishing Unit		Extended Core & Flexibility					Recovery Starters						
5/4/18 - Friday													
CAC OUTDOOR CHAMPIONSHIPS - DAY 1													
5/4/18 - Friday													
Pre-Meet OYO													
Other Notes: Pay attention to the Event Schedule when planning your pre-meet time.													
5/5/18 - Saturday													
CAC OUTDOOR CHAMPIONSHIPS - DAY 2													
5/6/18 - Sunday													
Other Notes: Active Rest - Include any Rehab/Prehab as recommended by Brittany or the Coaching Staff													