

CNU TRACK & FIELD

Sprints-Hurdles-Jumps-Throws-Multis Outdoor Season to Summer Training Transition

*The **Summer Training Phase** is the key to making the significant performance improvements we are seeking year-to-year and over the course of your career.*

*To ensure healthy progress, it is important to plan **recovery** into the training cycles, especially the Annual Plan. The transition from your Spring Season back into your foundation training (strength & flexibility) is the planned opportunity for a full re-set.*

Follow the steps below to prepare for a productive Summer Training Phase.

Final Meet	Week 0	CAC Championships, HS State Championships, or Last Meet of your season.
	Week 1	Full Recovery Week - No activities! Your primary purpose is to remove all training stress from your system.
	Week 2	Full Recovery Week - No structured activities. Total rest is preferred, but occasional "play" is OK as long as it is low intensity. Your primary purpose is still to remove all training stress from your system.

If you are recovering from any injuries, you need to be 100% recovered prior to starting into your summer training blocks. Consult with our Athletic Trainer (Brittaney) and Coach Wingard (or Coach Frenia) to determine your individual return-to-training plan.

First Training Block	Week 3	Ramp-Up - Start adding structured activities. Include 2-3 weight room sessions (light weights with full range of motion). Add other activities as your body desires (if you feel tired, rest!).
	Week 4	Ramp-Up (Test Prep) - Establish your training week rhythm. Include 4 weight room sessions and add more weight while maintaining of full range of motion and proper technique. The latter sessions will include pre-testing (8-Rep Tests in your primary lifts) to prepare for next week's tests. Add other activities as your body desires (if you feel tired, rest!).
	Week 5	Testing - Establish your base-line strength levels for use in determining weights for your lifts throughout the summer. This is a low-volume week, but you need to be ready for high intensity efforts. We will utilize 5-Rep Tests to determine your 1-Rep Max Equivalent.

Weight Room Testing Records

Knowing your current 1-Rep Max Equivalent is necessary to determine the weights that will elicit the training adaptations we are seeking with each cycle.

*We are not simply trying to get tired in the weight room, we are there to **TRAIN**.
Use the link below to obtain a copy of our **Weight Room Testing Recording Sheet**
(the link allows you read-only access, so download a copy for your own use) .*

*The sheet will calculate your 1-Rep Max Equivalents from each test and track your progress over time
(also very valuable training information).*

https://docs.google.com/spreadsheets/d/1mKGIR_8g_RagkpCdnvX6T4yDSHIGIsC9nwPX7uh16II/edit?usp=sharing

Make sure to use the 1-Rep Max Equivalents from your most recent testing sessions when determining the weights for your workouts. If the weights in your workouts seem to be too light or too heavy, consult with Coach Wingard (or Coach Frenia) to determine whether any adjustments are needed.