

# Pre-Season Conditioning

## Day 1 - Week 1

- Warm Up (400 M Jog) and Stretch
- Fartlek
  - FYI--400 is one lap around the track
  - 1/2 Pace is a little faster than a jog, this exercise is non stop. They will be added to on a weekly basis. We will build up the overall distance, at some point, some of you may reach a distance of 5 miles.
  - Jog 400, 1/2 Pace 200, Sprint 50, Jog 200, 1/2 Pace 200, Sprint 100, Jog 100, 1/2 Pace, Sprint 200.
- eight 100 yard sprints
  - you have 1 minute from the start of one sprint to start of the next, use the time you have to recover between sprints.
- Six 40 yard sprints
  - you have 30 seconds from the start of one sprint to the start of the next for recovery time.
- Sprint Drills (30 yard distance, 1 = one 30 yard distance, not there and back)
  - 3 high knees--fast feet
  - 2 Cariocas per side (remain facing the same way each time, working left and right.)
  - 3 Back Pedals
  - 3 Lunges (step 1, 2, Lunge on 3)
- Plyometrics
  - Line Hops (30 seconds, facing line; 30 seconds, side to side)

## Day 3 - Week 1

- LIGHT WORK OUT--
- Warm Up (400m Jog) and Stretch
- Sprint Work
  - 1 X 200 M
  - 1 X 300 M
  - 4 X 25 M
  - 6 X 40 M
  - 2 X 75 M
  - 2 X 300 M
- Plyometrics- 3 sets with 30 seconds rest
  - Burpees 30 seconds
  - Double knee jumps – 30 seconds
  - One foot jumps- begin with hand on ground and explode forward on one leg 30 seconds alternating legs

## Day 5 - Week 1

- Warm Up (400 M Jog) and Stretch
- Endurance
  - 50 m jog, 50 m sprint (repeat for 4 laps or 1 mile)
    - Goal: Complete the sprints in 7-9 seconds, the jogs in 16-20 throughout the mile.
- Sprint Drills
  - Do these over a 30 M distance (one time counts as down, but not back)
    - Long skips (3 times)
    - Butt Kicks (3 times)
    - High Knees (3 times)
    - Right Side Shuffles--quick feet, but feet not hitting in the middle (2 times)
    - Left Side Shuffles--same as right
    - Back Pedals (3 times)
    - Long Strides (3 times)

## Day 8 - Week 2

- Warm Up (400 M Jog) and Stretch
- Fartlek
  - FYI--400 is one lap around the track
  - 1/2 Pace is a little faster than a jog, this exercise is non stop. They will be added to on a weekly basis. We will build up the overall distance, at some point, some of you may reach a distance of 5 miles.
  - Jog 400, 1/2 Pace 200, Sprint 50, Jog 200, 1/2 Pace 200, Sprint 100, Jog 100, 1/2 Pace, Sprint 200.
- Ten 100 yard sprints
  - you have 1 minute from the start of one sprint to start of the next, use the time you have to recover between sprints.
- Six 40 yard sprints
  - you have 30 seconds from the start of one sprint to the start of the next for recovery time.
- Plyometrics- 3 sets
  - Line Jumps 30 Seconds (Side and Front)
  - Burpees 30 seconds
  - Double knee jumps – 30 seconds
  - One foot jumps- begin with hand on ground and explode forward on one leg 30 seconds alternating legs
  - Side plank 30 seconds each side
  - Forward Plank 1 minute
- 5 minutes of Stadium Stairs (weaving through the stadium stairs, up and down)

## Day 10 - Week 2

- Warm-up (400 M jog) and Stretch
- Fartlek
  - FYI--400 is one lap around the track
  - 1/2 Pace is a little faster than a jog, this exercise is non stop. They will be added to on a weekly basis. We will build up the overall distance, at some point, some of you may reach a distance of 5 miles.
  - Jog 400, 1/2 pace 200, sprint 50, jog 200, 1/2 pace 200, sprint 100, jog 100, 1/2 pace 200, sprint 200, jog 400, 1/2 pace 200, sprint 200.
- Sprint Drills (30 yard distance, 1 = one 30 yard distance, not there and back)
  - 3 high knees--fast feet
  - 2 Cariocas per side (remain facing the same way each time, working left and right.)
  - 3 Back Pedals
  - 3 Lunges (step 1, 2, Lunge on 3)
  - 3 Butt Kicks--fast feet
- Ten 100 yard sprints
  - you have 1 minute from the start of one sprint to start of the next, use the time you have to recover between sprints.
- Six 40 yard sprints
  - you have 30 seconds from the start of one sprint to the start of the next for recovery time.

## Day 12 - Week 2

- Warm-Up (400 meter) and Stretch
- Endurance
  - 6 300 meter sprints/100 meter recovery walk/jog
- Sprint Drills(30 yard distance, 1 = one 30 yard distance, not there and back)
  - 3 high knees--fast feet
  - 2 Cariocas per side (remain facing the same way each time, working left and right.)
  - 15 meter distance--feet together hops, between the lines on the track, jumping forward to the right and then forward to the left. Control your landing, no bouncing, use your arms to keep momentum.
    - bottom.

## Day 15 - Week 3

- Warm-up (800 M jog) and Stretch
  - Fartlek
    - FYI--400 is one lap around the track
    - 1/2 Pace is a little faster than a jog, this exercise is non stop. They will be added to on a weekly basis. We will build up the overall distance, at some point, some of you may reach a distance of 5 miles.
    - Jog 400, 1/2 pace 200, sprint 50, jog 200, 1/2 pace 200, sprint 100, jog 100, 1/2 pace 200, sprint 200, jog 400, 1/2 pace 200, sprint 200.
  - Sprint Drills (30 yard distance, 1 = one 30 yard distance, not there and back)
    - 3 high knees--fast feet
    - 2 Cariocas per side (remain facing the same way each time, working left and right.)
    - 3 Back Pedals
    - 3 Lunges (step 1, 2, Lunge on 3)
    - 3 Butt Kicks--fast feet
  - Ten 100 yard sprints
    - you have 1 minute from the start of one sprint to start of the next, use the time you have to recover between sprints.
  - Six 40 yard sprints
    - you have 30 seconds from the start of one sprint to the start of the next for recovery time.
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