

Scheduling for Success: A Comprehensive Plan to Implement All Phases of the Meet into Practice

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Goals of the Season

- Strengthen the PROGRAM
- Improve athleticism
- Increase Mental Toughness
- Discover Who has that Competitive Fire
- Build Bridges Between Sports

Angry Orange Track and Field Coaches

- Bobby Ventura – Head Girls/800/Relays
- Kieth Meeks – 1600/3200
- Marty Houser – 100/200/ Triple Jump/ 4X100 Relays
- Whitney Young – 100/200/ Long Jump
- Richard Ramos – Pole Vault
- Rusty Buzzard – Discus
- Frederick Davis – Shot/ Hurdles
- Larry Hoelscher – Head Boys/400/ Relays

Goals to Accomplish Daily and Weekly

- Increase Flexibility
- Increase Event Specific Endurance
- Create an Atmosphere that Allows Us to Coach Technical Aspects of each Event.

General Weekly Plan

- We Break Our Days of the Week into Lettered Days That Have Specific Goals in Mind.
 - A Days – Event specific Endurance is our main goal
 - Kinetic Movements are more form running based
 - Hurdles are more form running based
 - Abs are more run specific based
 - B Days – Power and Explosion is our main goal
 - Kinetic Movements are more explosion and strengthening based
 - Hurdles are more strengthening based
 - Abs are more glute and hip flexor strengthening based
 - C Days – Recovery is our main goal
 - Kinetics are designed to stretch our large muscles groups
 - Hurdles are designed to stretch our large muscle groups
 - Abs incorporate long movements to stretch our large muscle groups

General Weekly Plan

Normal Week with a Thursday Meet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	A Day	B Day	C Day	Meet	C Day	Rest
	LJ, Hurdles, Discus, PV	TJ, HJ, Shot, PV	LJ, Hurdles, Discus, PV BLOCKS	TJ, HJ, Shot, PV		
	4X200	4X400	4x100			

Normal Week with a Friday Meet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	A Day	B Day	C Day	A Day	Meet	Rest
	LJ, Hurdles, Discus, PV	TJ, HJ, Shot, PV	LJ, Hurdles, Discus, PV BLOCKS	TJ, HJ, Shot, PV		
	4X200	4X400	4x100			

Normal Week with a Saturday Meet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	C Day	A Day	B Day	C Day	A Day	Meet
	LJ, Hurdles, Discus, PV	TJ, HJ, Shot, PV	LJ, Hurdles, Discus, PV BLOCKS	TJ, HJ, Shot, PV		
	4X200	4X400	4x100			

Daily Plan

- Meet with Athletes to Start
- Warm Up
 - 2 Lap Jog
 - Kinetic Drills in Power of 3
 - Hurdle drills
 - Core Work
- Stretch as a group and give out Information Needed
- Workout/Sticks
- Cool Down and Stretch



Core Work

- Front Plank(Prone Position)- hold for 1 mnute
- Front Plank with leg lifts – 1 minute alternating on each leg for 10 seconds
- Reverse Plank (Supine Position) – hold for 30 seconds
- Reverse Plank with leg lifts – 3 times hold for 10 seconds. Repeat for other leg
- Side Plank (Side lying prone position) -30 seconds each side
- Side Plank with leg lifts – 3 leg lifts each hold for 10 seconds. Repeat for other leg
- Front Plank with one leg bent – 20 times each leg
- Hip Thrusts – 20 times each leg
- Donkey Kicks – 1 minute each leg
- Fire Hydrants – 1 minute each leg
- Knee Circles – 1 minute each leg
- Back Extensions – 10 times, hold for 5 seconds
- Opposite Arm Opposite Leg – 15 times each side
- V Ups
- Leg Tugs
- Roll Ups
- Old Fashioned Sit ups
- Superman
- 6” crosses with leg flutters

A Day

- Kinetic Drills

A – Day

➤ Jog on toes

➤ Knee to chest

➤ Jog on toes in

➤ Heel to Butt

➤ Jog on toes out

➤ Tuck Jumps

➤ A skip w/T swing

➤ Jumping Jills and go

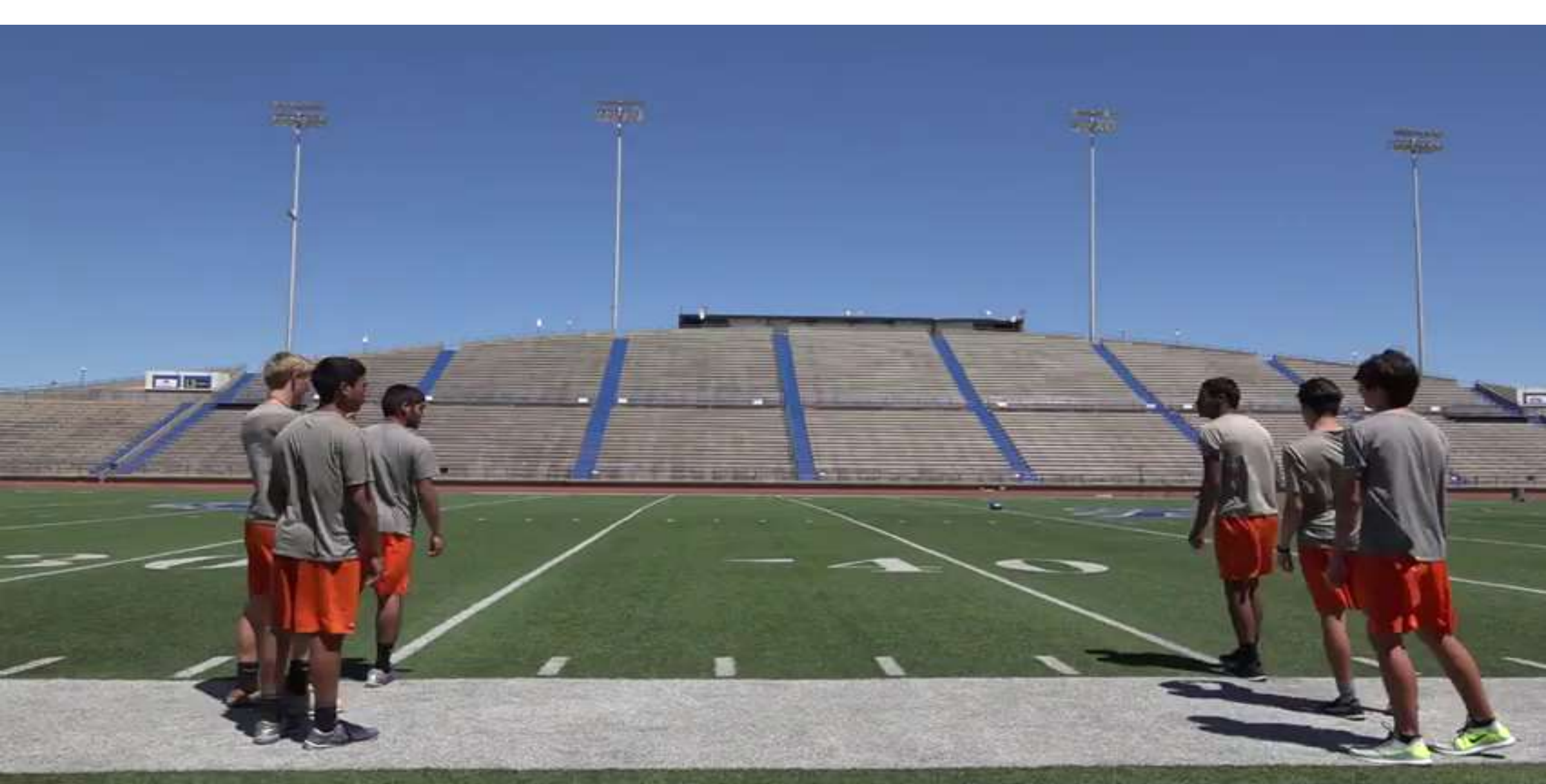
➤ Strait leg skipping

➤ Digging Back Pedal

Change of direction drills

Hurdles:

A-Skip, Lead Leg





A Day Workouts

100/200	400	800	1600/3200
1,1,1.5,200	3 Split 500's	4x200 30 sec between	6X200 30 sec between
2.5,1,2,1.5	8 X200 Repeats	2X600 1 min between	2X400 1 min between
		4X200 30 sec between	1X800
			2X400 1 min between
			6X200 30 sec between
Variation1			

100/200	400	800	1600/3200
3X350 Cycles	3X500 Cycles	2X800 Cycles	2X1600 Cycles
		1X500 Cycle	
Variation2			

CYCLE WORKOUTS

500 Cycle

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
300m	50 sec	45 sec
<i>Walk back 100 meters.</i>		
100m	14 sec	45 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec

800 Cycle

500m	<u>400@70</u>	45 sec
<i>Walk back 100 meters.</i>		
200m	30sec	45 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec

3200 Cycle (Death on a Stick)

1600m	<u>mid race pace</u>	60 sec
<i>Walk back 100 meters.</i>		
800m	mid race pace	60 sec
<i>Walk back 100 meters.</i>		
400m	opening	60 sec
<i>Walk back 100 meters.</i>		
400m	finish	60 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec

350 Cycle

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
200m	30 sec	45 sec
<i>Walk back 100 meters.</i>		
50m	full	20 sec
<i>Turn around and wait.</i>		
50m	full	20 sec
<i>Turn around and wait.</i>		
50m	full	20 sec

1600 Cycle

800m	<u>mid race pace</u>	60 sec
<i>Walk back 100 meters.</i>		
400m	opening	60 sec
<i>Walk back 100 meters.</i>		
400m	finish	60 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec
<i>Turn around and wait.</i>		
40m	full	20 sec

3or4 sets on 350,500,800 (about 5min rest)

2or 3 sets on 1600

1-2 sets on 3200


4X200 Relay Handoffs





B Day


- Kinetic Drills


B – Day


 Inch Worm


 Pogos


 Cross arm A- skip


 Walking series with I mot.


 Cross arm B- skip

 Walking series closed

 Clap Jacks

 Shuffle with T motion

 Snapioca

 Bounding

3 Carioca to sprints

Hurdles:

On Top, B-Skip





B Day Workouts

100/200	400	800	1600/3200
4X100 Chutes	4 Race Length Tempo Runs	4 Race length Tempos	4 Race length Tempos
2X150 Fly-ins	Up, Down, Up, Down	Up, Down, Up, Down	Up, Down, Up, Down
4X40yd Overspeeds	Down, Up, Up, Down	Down, Up, Up, Down	Down, Up, Up, Down
Stands	Down, Up, Up, Down	Down, Up, Up, Down	Down, Up, Up, Down
80yd Tire sprints	Down, Up, Down, Finish	Down, Up, Down, Finish	Down, Up, Down, Finish
Variation1			

100/200	400	800	1600/3200
Same as Variation one	Tempo's allow us time to	Coach various sections of	a race.
	*We may work starts	*Break ins and converges	*Waterfall starts
	*Making Split times		
Variation2			

4X400 Relay Handoffs



C Day

- Kinetic Drills

C – Day

➤ Heel to butt

➤ Knee to chest

➤ Rythem

➤ A-skip

➤ Backwards A-skip

➤ Strait leg skip

➤ Fast back/Digging back

➤ Walking series with I

➤ Walking series closed

➤ Tinioca

3 flying 30's

Hurdles:

Big Trail leg, Over/Under





C Day Workouts

100/200	400	800	1600/3200
12 Diagonals/ 10 Strides	2X150 starts w/ blocks	25-35 min recovery run	30-45 min recovery run
Blocks	2X150 corners working		
	situations		
Variation1			

100/200	400	800	1600/3200
Same as Variation one	We work corner situations		
	Rubbing, and slingshoting		
Variation2			

4X100 Relay Handoffs



Blocks



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