

TRACK TRAINING PLAN - MID-DISTANCE (800M and 1600M)

Welcome to e-Track! In order to help keep our athletes strong, healthy, and active we have created this training plan to follow along with during our time at home. Do your best to complete these activities (or find alternatives in the spirit of the workouts that you can do in your home) outlined below to help you return to the season ready to compete. If anyone has any questions, please email smstrackandfield@stmarybg.org or call/text Coach Miller at 630-508-6518. This guide and more information can be found on our website at www.smsbisontrack.com.

Running/Workout Safety:

PLEASE NOTE: These are general rules for running. Obviously follow all guidelines from the CDC, local authorities AND YOUR PARENTS. The most important rule is to stay healthy and safe.

- NEVER WORKOUT ALONE! - if you're running outside, run with a quarantine buddy (mom, dad, siblings)
- NEVER run in the street – use the sidewalk or a trail instead
- NO EAR BUDS while running outside – if you need to listen to music, play it on the phone speaker. Always be aware of your surroundings.
- ALWAYS ask your parents before you go on a run or before you work out
- PLEASE run in areas that are familiar – your neighborhood, park etc.
- DO NOT RUN AT NIGHT – night running is dangerous, and you risk injury in the dark
- BE AWARE OF THE WEATHER – running outdoors in the spring can be a challenge with changing weather conditions – be safe!

Rest and Recovery:

Daily rest and weekly recovery are as important as the running itself - in fact, it may be the most important component! Junior High athletes need 8-10 hours of sleep per night - AND- 1 training day off per week.

Diet - EAT FOOD:

During this quarantine, it'll be easy to want to sit around and snack on unhealthy foods. Also, some foods may not be as readily available as stores close or are avoided. Do your best to continue to maintain a healthy diet during this time. A nutritious, well-balanced diet is essential for your success. AVOID fatty and fried foods as well as carbonated, acidic, or sugary drinks. Foods good to eat during the day include eggs, toast, bagels, waffles, bananas, apples, oatmeal, turkey, chicken, and green veggies. Eat a good, healthy dinner with lean protein and veggies each day. Also, ice cream - ice cream is good for you too. Eat ice cream!

Hydration: “Hydrate to Stay Great!”

DRINK PLENTY OF WATER!! Remember you need to drink at least ½ your body weight in ounces of water daily - yes, hydration matters in quarantine too!!

Shoes:

Good quality, properly fitted, running shoes are the best choice. Other shoes can lead to injury.

WORKOUT PLAN OVERVIEW

	MARCH	APRIL
	Weeks 1-4	Weeks 5-8
Monday	Variable Speed Intervals (80% effort)	Variable Speed Intervals (90% effort)
Tuesday	Medium Pace Run w/Sprints and Strength Circuit Training	Medium Pace Run w/Sprints and Strength Circuit Training
Wednesday	Fixed Speed Intervals (20% of your goal time)	Fixed Speed Intervals (25% of your goal time)
Thursday	Medium Pace Run and Strength Circuit Training	Medium Pace Run and Strength Circuit Training
Friday	Race Pace Run	Race Pace Run x2
Saturday	Long and Slow Run Day (Recovery)	Long and Slow Run Day (Recovery)
Sunday	OFF DAY	OFF DAY

Pace:

All the workouts vary in intensity and the pace should follow the workout. That said running should start at an “easy” pace warm-up and then move to the “workout pace”

- **Easy pace:** You can easily talk to someone while you run
- **Moderate pace:** You can still talk while you run, but the talking is harder to do
- **Fast pace:** You can only speak one- or two-word chunks
- **Race pace:** The same speed you would run if you were in a race
- **FULL SPRINT:** Full effort, or more – run tall, pump your arms, flat hands, pick up your knees, dig with your toes, shorten your stride, increase the number of times your feet hit the ground

Alternative Exercises:

Given the current circumstances, we know that not every athlete will be able to complete the activities listed below due to restrictions or health reasons. If you cannot (or choose not to) go outdoors, use home gym equipment/your basement/your stairs/online workout videos. We all may need to get a little creative during this time. Just do your best!

Track Your Progress

After each workout, record what activities you did along with your time and distance so you can see how you are improving. A training log is available on the track site at <https://www.smsbisontrack.com/training-plan> or use one of your own or your favorite app. Just track it!

DAILY WORKOUTS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Variable Speed Intervals	Medium Pace Run	Fixed Speed Intervals	Medium Pace Run	Race Pace Run	Long and Slow
Weeks 1-4	Weeks 1-8	Weeks 1-4	Weeks 1-8	Weeks 1-4	Weeks 1-4
Warm up jog of 1-Mile Movement Prep (see chart on next page) Speed Interval Workout (80% Max Effort): 100M sprint - 100M jog to recover 200M sprint - 200M jog to recover 300M sprint - 300M jog to recover 400M sprint - 400M jog to recover 300M sprint - 300M jog to recover 200M sprint - 200M jog to recover 100M sprint - 100M jog to recover Cool Down and Stretch (see chart on next page)	Warm up jog of 1-Mile Movement Prep (see chart on next page) Medium Pace Run Workout 5 min running warm up Run at a medium (steady) pace for 3-5 miles 5 min running cool down Sprints: Run 6-8 Striders of 60-80 yards You should NOT be at full speed on these. Build speed gradually to an apex then back off slowly on each sprint. Complete the Core & Strength Circuit (see chart on next page) This can be completed at any point during your day. It does not have to be immediately following your workout.	Warm up jog of 1-Mile Movement Prep (see chart on next page) Speed Interval Workout (20% of Goal Time) 200M sprint - 200M jog to recover 200M sprint - 200M jog to recover 200M sprint - 200M jog to recover Try for 4-6 sets - or do as many as you can Cool Down and Stretch (see chart on next page)	Warm up jog of 1-Mile Movement Prep (see chart on next page) Medium Pace Run Workout 5 min running warm up Run (not jog) for 3 miles 5 min running cool down NO SPRINTS TODAY Complete the Core & Strength Circuit (see chart on next page) This can be completed at any point during your day. It does not have to be immediately following your workout.	Warm up jog of 1-Mile Movement Prep (see chart on next page) Race Pace Run (set a timer and try to hit your goal) Run 1 mile or 800M at RACE PACE Do your best to run the exact distance (not easy without a track) Cool Down and Stretch (see chart on next page)	Warm up jog of 1-Mile Movement Prep (see chart on next page) Long and Slow Run 1. Pick a time and run for that time. Ex: 45 to 60 mins of running -OR- 2. Pick a mileage and run. NO LESS THAN 3 to 5 miles Cool Down and Stretch (see chart on next page)
Weeks 5-8	Weeks 5-8	Weeks 5-8	Weeks 5-8	Weeks 5-8	Weeks 5-8
Warm up jog of 1-Mile Movement Prep (next page) Speed Interval Workout (90% Max Effort): 100M sprint - 100M jog to recover 200M sprint - 200M jog to recover 300M sprint - 300M jog to recover 400M sprint - 400M jog to recover 300M sprint - 300M jog to recover 200M sprint - 200M jog to recover 100M sprint - 100M jog to recover Cool Down and Stretch (next page)	Cool Down and Stretch (see chart on next page)	Warm up jog of 1-Mile Movement Prep (next page) Speed Interval Workout (25% of Goal Time) 200M sprint - 200M jog to recover 200M sprint - 200M jog to recover 200M sprint - 200M jog to recover Try for 4-6 sets - or do as many as you can. You should be <u>very tired</u> after this workout. Cool Down and Stretch (next page)	Cool Down and Stretch (see chart on next page)	Warm up jog of 1-Mile Movement Prep (next page) Race Pace Run (set a timer and try to hit your goal) Run 1 mile or 800M at RACE PACE Do your best to run the exact distance (not easy without a track) Jog or Walk to FULLY RECOVER before you proceed Run ANOTHER 1 mile or 800M at RACE PACE Cool Down and Stretch (next page)	Warm up jog of 1-Mile Movement Prep (next page) Long and Slow Run 1) Pick a time and run for that time. Ex: 90 mins of running -OR- 2) Pick a mileage and run. NO LESS THAN 5 to 7 miles Cool Down and Stretch (next page)
Coach's Tip: Use good form - use a stopwatch to record your times - jog between the intervals to get your wind back - track your progress so you can see what you've achieved!	Coach's Tip: Do not stop running the entire time and be sure to stay in a "Comfortably Hard" range (orange to red) for the duration of the run. This is going to keep your stamina up, while also allowing your body to recover from the speed work.	Coach's Tip: Stick To the time interval you want - even IF you can go faster. This will help you learn exactly what that pace feels like so you know in a race.	Coach's Tip: Do not stop running the entire time and be sure to stay in a "Comfortably Hard" range (orange to red) for the duration of the run. This is going to keep your stamina up, while also allowing your body to recover from the speed work.	Coach's Tip: This workout should mimic a race, as closely as possible. Use good form - concentrate on visualizing the race and imagine yourself WINNING!	Coach's Tip: The long, slow run is meant to be slow - very slow pace (half or less than race pace). You should be able to easily carry on a conversation the entire run!

DAILY WORKOUT SUPPLEMENTS

Warm Up	Movement Prep	Core and Strength	Cool-Down & Stretch
<i>DO NOT SKIP THE WARM UP</i>	<i>DO NOT SKIP THE MOVEMENT PREP</i>	2-3x Weekly	<i>DO NOT SKIP THE COOL-DOWN AND STRETCH</i>
Weeks 1-8	Weeks 1-8	Weeks 1-8	Weeks 1-8
<p>Slowly jog about 1-Mile</p>	<p>Spend about 15 min completing these exercises.</p> <p>High Knees Walk Zombie Walk Toe Walk Heel (Duck) Walk Jogging Straight Jogging (crossover midline) Jogging (wide legs) Jogging ("S" pattern) Side Shuffle (feet uncrossed) Side Run (back foot in front) Slide Run (back foot behind) Carioca Run (alternate feet) Normal Skipping High Skipping/Bounding Running Butt Kicks Open Gate / Close Gate Sprints (2-3; 25 yards)</p>	<p>See details for each exercise on the following page.</p> <p>Core and Strength Workout Standard/Modified Push-Ups: 15-20 reps Squat: 25 reps Jumping Jacks: 1 min Abdominal Crunches: 30 reps Wall Sits: 2 min--rest 30 sec--3 min Alternating Forward Lunges: 20 reps/leg Abdominal V-Ups: 20 reps Squat Thrusts (aka Burpees): 1 min</p> <p>Other Moves: Pull-ups (narrow, standard, wide grip) Abdominal Planks Body weight shoulder press Forward Lunges Side Lunges Body Weight Dips</p> <p>Cool Down and Stretch</p>	<p>Cool-Down Jog or walk at a quick pace for several minutes immediately after your core daily workout from the chart below.</p> <p>Stretch Out: Go slow and count to 15 for each stretch for flexibility and injury prevention</p> <p>Standing Hamstring Stretch: 10 count, each leg</p> <p>Standing Quad Pull: 10 count, each leg</p> <p>Standing Leg Hug: 5 count, each leg</p> <p>Newspaper Stretch: 10 count, each leg</p> <p>Side Bend/Stretch: 10 count, per side</p> <p>Calf Stretch (standing or laying): 10 count, each leg</p> <p>Shoulders/Arms Stretch: 10 count, each arm</p> <p>Starfish: 25 count (you earned it!)</p>
<p>Coaches Tip: DO NOT SKIP THE WARM UP JOG! Warming up your muscles and getting your heart rate up is critical to a successful workout.</p>	<p>Coaches Tip: DO NOT SKIP THESE MOVES! They help improve your form and warm your muscles to prevent injury.</p>	<p>Coach's Tip: ALWAYS use good form! If you do the exercise correctly, you WILL see results!</p>	<p>Coach's Tip: The cool-down & stretch phase is almost more important than the workout! Concentrate on hip flexibility and USE GOOD FORM!</p>

Core & Strength Training Circuit:

GO SLOW and use GOOD FORM!! Varsity athletes should work for 2-3 sets of the following circuit, while JV should work for 1-2 sets, three times a week (rest 30-60 seconds between sets). Athletes should use their body weight for these exercises. If you use the proper form/technique and you move slowly, body weight is all you need. *(Hand held weights of up to 10lbs can be used for more advanced athletes. Use of weights should only be used under adult supervision!)*

Standard Push-Up: 10 – 20 reps



(modified pushups are great too!)

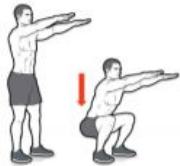
Wall Sits: 2 mins – rest 30 seconds – 3 mins



Abdominal Crunches: 30 reps



Squat: 25 reps



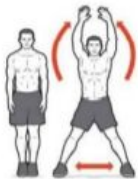
Alternating Forward Lunges: 20 Reps/leg



Squat Thrusts (aka Burpees): 1min



Jumping Jacks: 1 minute



Abdominal V-Ups: 20 reps



Cool-Down Stretches

Standing Hamstring Stretch:

1. Stand and cross your right foot in front of your left.
2. Slowly lower your forehead to your right knee by bending at the waist.
3. Keep both knees straight.

Standing Quad Stretch

1. While **standing**, hold onto a countertop or chair back to assist in balance.
2. Bend your knee back by grasping your ankle with one hand.
3. Assist in bending your knee back as far as possible.

Standing Knee Hug

1. Stand with your feet shoulder-width apart. Maintain a tight core throughout. Lift your left knee up and towards your chest.
2. Grab your left knee and pull it in as close as you can into your chest. Hold this stretch for 20 to 40 seconds.
3. Slowly release the left leg to the ground and repeat on the other side.

Side Bend Stretch

1. Stand tall with feet and legs together and reach both arms straight up overhead as you inhale.
2. Lower your right arm down the right side of your body and exhale as you lengthen the left arm over the head, bending body gently to the right.
3. Inhale to return arms overhead to center and exhale as you repeat on the left side.

Calf Stretch

1. Stand near a wall with one foot in front of the other, front knee slightly bent.
2. Keep your back knee straight, your heel on the ground, and lean toward the wall.
3. Feel the stretch all along the calf of your back leg.

Cross-Body Shoulder Stretch

1. Start standing or sitting tall. Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder.
2. Make sure to keep your elbow below shoulder height.

Starfish: Lay on the ground like you're going to make a snow angel but don't move :)

Track Interval Pace Calculator

4:00 Mile	
200m	:29
400m	:59
800m	1:59
1200m	2:58
1600m	3:58

4:10 Mile	
200m	:31
400m	1:02
800m	2:04
1200m	3:06
1600m	4:08

4:15 Mile	
200m	:31
400m	1:03
800m	2:06
1200m	3:10
1600m	4:13

4:20 Mile	
200m	:32
400m	1:04
800m	2:09
1200m	3:13
1600m	4:18

4:30 Mile	
200m	:33
400m	1:07
800m	2:14
1200m	3:21
1600m	4:28

4:40 Mile	
200m	:34
400m	1:09
800m	2:19
1200m	3:28
1600m	4:38

4:45 Mile	
200m	:35
400m	1:10
800m	2:21
1200m	3:32
1600m	4:43

4:50 Mile	
200m	:36
400m	1:12
800m	2:24
1200m	3:36
1600m	4:48

5:00 Mile	
200m	:37
400m	1:14
800m	2:29
1200m	3:34
1600m	4:58

5:10 Mile	
200m	:38
400m	1:17
800m	2:34
1200m	3:51
1600m	5:08

5:15 Mile	
200m	:39
400m	1:18
800m	2:36
1200m	3:54
1600m	5:13

5:20 Mile	
200m	:39
400m	1:19
800m	2:39
1200m	3:58
1600m	5:18

5:30 Mile	
200m	:41
400m	1:22
800m	2:44
1200m	4:06
1600m	5:28

5:40 Mile	
200m	:42
400m	1:24
800m	2:49
1200m	4:13
1600m	5:38

5:45 Mile	
200m	:42
400m	1:25
800m	2:51
1200m	4:17
1600m	5:43

5:50 Mile	
200m	:43
400m	1:26
800m	2:53
1200m	4:20
1600m	5:47

Track Interval Pace Calculator

6:00 Mile	
200m	:44
400m	1:29
800m	2:58
1200m	4:28
1600m	5:57

6:10 Mile	
200m	:45
400m	1:31
800m	3:03
1200m	4:35
1600m	6:07

6:15 Mile	
200m	:46
400m	1:33
800m	3:06
1200m	4:39
1600m	6:12

6:20 Mile	
200m	:47
400m	1:34
800m	3:08
1200m	4:39
1600m	6:17

6:30 Mile	
200m	:48
400m	1:36
800m	3:13
1200m	4:50
1600m	6:27

6:40 Mile	
200m	:49
400m	1:39
800m	3:18
1200m	4:58
1600m	6:37

6:45 Mile	
200m	:50
400m	1:40
800m	3:21
1200m	5:02
1600m	6:42

6:50 Mile	
200m	:50
400m	1:41
800m	3:23
1200m	5:05
1600m	6:47

7:00 Mile	
200m	:52
400m	1:44
800m	3:28
1200m	5:13
1600m	6:57

7:10 Mile	
200m	:53
400m	1:46
800m	3:33
1200m	5:20
1600m	7:07

7:15 Mile	
200m	:54
400m	1:48
800m	3:36
1200m	5:24
1600m	7:12

7:20 Mile	
200m	:54
400m	1:49
800m	3:38
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1200m	5:46
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7:50 Mile	
200m	:58
400m	1:56
800m	3:53
1200m	5:50
1600m	7:47

Track Interval Pace Calculator

8:00 Mile	
200m	:59
400m	1:59
800m	3:58
1200m	5:57
1600m	7:57

8:10 Mile	
200m	1:00
400m	2:01
800m	4:03
1200m	6:05
1600m	8:07

8:15 Mile	
200m	1:01
400m	2:03
800m	4:06
1200m	6:09
1600m	8:12

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