

## NW Flyers "Practice on Your Own" Training Plan

Week of March 23, 2020

### Sprints / Jumps

Note: try to schedule a rest day in between practices

#### Day 1:

- 7 minute jog
- Warmup Drills: A skip, B skip, C skip, Carioca, Frankenstein, Lunges, Starts
- 1 x 300 meters @ 70% effort
- 10 minutes rest
- 2 x 200 meters @ 70%-80% effort with 5 minutes rest between each
- Cool Down Jog: 10 minutes
- Strength and Stretching: Core (20 pushups, 20 burpees, 20 sit ups x 3) , 10 minutes of stretching

#### Day 2:

- 7 minute jog
- Warmup Drills: A skip, B skip, C skip, Carioca, Frankenstein, Lunges, Starts
- 6 x 100 meter accelerations, start at 10% then build to 90% effort
  - 6 minutes rest between each run
- Cool Down Jog: 5 minutes
- Strength and Stretching: Core (20 pushups, 20 burpees, 20 sit ups x 3), 10 minutes of stretching

#### Day 3:

- 7 minute jog
- Warmup Drills: A skip, B skip, C skip, Carioca, Frankenstein, Lunges
- 400 meters @ 80% effort
- 15 minutes rest
- 300 meters @ 70% effort
- 10 minutes rest
- 200 meters @ 70% effort
- 10 minutes rest
- 100 meters at @ 80% efforts
- Cool Down Jog: 5 minutes
- Strength and Stretching: Core (20 pushups, 20 burpees, 20 sit ups x 3) , 10 minutes of stretching

## Mid / Long Distance

Note: try to schedule / complete at least 4 practices each week

### Monday:

5min warm up run (3 laps on track)

Warm-up drills

A-skip; B-skip; high knees; but kicks; lunges; Scoops; back pedal; Carioca; falling starts

Workout:

3min hard run; 3min rest; 5 min hard run; 3min rest; 7min hard run; 3min rest.

Core workout:

25 push-ups

25 sit-ups

30 sec planks

20 squats

30 sec mountain climbers

2min Cool down run

Stretches:

Feet together toe touch

Right foot over left toe touch(switch)

10 sec Calf stretch(each leg)

10 arm stretch (each arm)

### Tuesday:

20min long run (10 mins run for 10& under)

### Wednesday:

5min warm up run (3 laps on track)

Warm-up drills

A-skip; B-skip; high knees; but kicks; lunges; Scoops; back pedal; Carioca; falling starts

Workout:

400m run 3min rest; 400m run 2min rest; 400m run 5 min rest

10x100yd sprints

## Mid / Long Distance cont.

Core workout:

25 push-ups

25 sit-ups

30 sec planks

20 squats

30 sec mountain climbers

2min Cool down run

Stretches:

Feet together toe touch

Right foot over left toe touch (switch)

10 sec Calf stretch (each leg)

10 arm stretch (each arm)

### Thursday:

20min long run (10 mins run for 10& under)

### Friday:

5min warm up run (3 laps on track)

Warm-up drills

A-skip; B-skip; high knees; but kicks; lunges; Scoops; back pedal; Carioca; falling starts

Workout:

1200-800-400-800-1200 w/ 4 min rest between each

Core workout:

25 push-ups

25 sit-ups

30 sec planks

20 squats

30 sec mountain climbers

2min Cool down run

Stretches:

Feet together toe touch

Right foot over left toe touch (switch)

10 sec Calf stretch (each leg)

10 arm stretch (each arm)

Weekend

Easy 20 min run