

**NW Flyers “Practice on Your Own” Training Plan  
Week of April 13, 2020**

**Sprints / Jumps**

Note: try to schedule a rest day in between practices

Day 1:

- Warmup Jog: 7 minutes
- Warmup Drills: A skip, B skip, C skip, Carioca, Frankenstein, Lunges, Starts
- Run 200 meters, Jog 200 meters, Run 200 meters, Jog 200 meters (this is a continuous run/job interval with no break in between)
- 15 minutes rest
- 2 x 50 meters @ 80% - 90% effort with 5 minutes rest between each
- Cool Down Jog: 5 minutes
- Strength and Stretching: Core (60 second low (elbow) plank, 20 squats, 20 sit ups x 3), 10 minutes of stretching

Day 2:

- Warmup Jog: 7 minutes
- Warmup Drills: A skip, B skip, C skip, Carioca, Frankenstein, Lunges, Starts
- 4 x 60 meter accelerations, start at 10% then build to 90% effort (walk back and rest 5 minutes between each)
- 100 meters
- 6 minutes rest
- 100 meters
- Cool Down Jog: 5 minutes
- Strength and Stretching: Core (20 pushups, 20 burpees, 20 sit ups x 3), 10 minutes of stretching

Day 3:

- Warmup Jog: 7 minutes
- Warmup Drills: A skip, B skip, C skip, Carioca, Frankenstein, Lunges, 3 quick starts
- 60 meters @ 80 % Effort
- 7 minutes rest
- 60 meters @ all out speed
- 7 minutes rest
- 60 meters @ all out speed
- 7 minutes rest
- 60 meters at @ all out speed
- 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:

1000-600-200-600-1000 with 4min rest between them. 10x 100yds strides with focus on keeping running form.

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:

3x 300m followed by 150m with 3 min rest between each set. (Start from the 300m mark and finish at the finish line. Continue to jog 250m to the middle of the 2nd turn then sprint the 150m to finish line. This is 1 set).

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)

## **Mid / Long Distance Cont.**

### 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:

6x200m at 35sec or faster (11&up) 40sec or faster(10&under) walk 200m for 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)

### Weekend

Easy 20 min runs