

**NW Flyers “Practice on Your Own” Training Plan
Week of May 4, 2020**

Sprints / Jumps Group

Day 1:

- Warmup Jog: 7 minutes
- 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 Revised:

- Warmup Jog: 7 minutes
- 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 (walk back)
- 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:

- Warmup Jog: 7 minutes
- 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 Group

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:

8x 200 with 4min rest between them target time 39 sec for 8&u 35 sec 9-12 and 30 sec 13& up.

Focus on the last 50m keeping form (cheek to cheek)

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:

6x150 continuous with a 100m jog back. 10x100yds accelerators. (Every 20yds increase stride frequency).

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 4min 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 runs