**Everyday Warmup:** Run 2 laps or 1-mile, Dynamic Stretching, A skip, B skip, Form Walk, Fast leg straight, left, right, alternating, 5 buildups.

**Abdominal work:** Different variations every day.

**Hill Sprints:** Short Hill sprints about 30 M full speed. Good knee drive and form.

**Lifting Schedule**: At least 3x a week will vary on schedule. Follow TeamBuildr app for the track team.

**200 Interval Timing Groups:**  200 group times For 150’s take off 25% of the time. JV’s times will start dropping by .5-1 second each week starting Friday April 14th, Varsity will start dropping by .5-1 second each week starting Monday April 18th. Always run with wind at back and walk distance for recovery.

Group 1: 28-30

Group 2: 30-32

Group 3: 33-35

Group 4: 35-37

**Broken 400 timing groups:** Broken quarter you will be trying to get to the 300 M mark within 2 -3 seconds of your 400 M time pace. Line up for the final 100 M and run the last 100 as fast an efficient as you can.

**Timed 23’s:** How far can you make it on the track in 23 seconds. Low intervals with longer recovery in between. See how far you can make it on track in 23 seconds and record distance.

**Block starts / free lap:**  20M to 40 M starts. (Potential velocity measuring days.)

**Speed belts:** Over speed work while keeping form perfect relaxed and smooth using our speed belts. Pulling & being pulled. 75M – 100M distance with walk recovery back.

**Sprint ladder:** Sprint Ladder 50 ,100, 150, 200, 150, 100, 50. Walk recovery

**SSJW:**  Stride 50M, sprint 50M, turn around and jog back 50jM, Walk 50 M then repeat. Run with the wind at your back focus on posture, running form and being relaxed.

**Wicket Running:** Run throughs, zombies, shoulders, T, Gun, Hands up, Run throughs. Work on speed, form, body position, foot strike, engaging the core.

**Diagonals:** recovery workout striding diagonal across football field, jogging across endzone, walking back down the sideline to repeat.

**Pre-Meet:** Warmup, block starts, relay exchange

**Workout Plan:**

**Monday, Feb 27::** 4 x hill sprints4 x SSJW

**Tuesday, Feb 28:** 2 x timed 23’s (weights)

**Wednesday, March 1:** Wicket running**.** 4 x 20M block starts (Weights)\*

**Thursday, March 2:** 3 x 200’s or 3 x 150’s (weights)

**Friday, March 3:** 4 x hillsWicket running and form work.

**Saturday, March 4:** Diagonals (weights)

**Monday, March 6:** 4 x 200’s or 4 x 150’s walk distance for recovery.

**Tuesday, March 7:** 5 x SSJW (weights) (McMahon @ parent teacher conferences)

**Wednesday, March 8:**. Weights (60, 150 Trials today or Friday) Picture day

**Thursday, March 09:** 5 x Hill sprints, 5 x 20M block starts (McMahon @ conferences)

**Friday, March 10:** 400 m Time trial and weights

**Saturday, March 11:**  Sprint Ladder

**Monday, March 13**: 5 x Hill sprints, wickets, 5 x 30 M Block starts

**Tuesday, March 14:** 10:00 6 x SSJW 4x1 exchanges for Elkhorn South (weights)

**Wed, March 15: (**10:00) 3 x timed 23’s (talk about open relay exchanges)

**Thur, March 16:** (10:00). Pre-meet for Elkhorn South and CSM, 6 x 30 M Block starts, (Weights)

**Fri, March 17:** (10:00). **Meet @ Elkhorn South and CSM**

**Saturday, March 18:** No practice

**Monday, March 20:** JV Pre-meet. Varsity 6 x Hill sprints, 7 x SSJW

**Tuesday, March 21: JV @ Home** Varsity 5 x 200’s or 150’s or 2 x broken 400’s 5-6 min recovery

**Wed, March 22:** 5 x 30 M block starts Wicket running (weights)

**Thur, March 23:** Varsity Pre-meet Warmup, blocks, relay exchanges, JV 5 x 200’s or 150’s

**Friday, March 24: Varsity @ Doane**

**Saturday, March 25:** No Practice

**Monday March 27: JV duel Elkhorn South**. Varsity 2 x Timed 23’s (weights)

**Tuesday March 28: JV @ home for ES Duel.** Varsity on turf Wicket running 6 x hill sprints (varsity 4x1 practice)

**Wed, March 29:** 5 x 30 M Blocks 4x1 exchanges (weights)

**Thur, March 30:** Varsity Pre meet. JV 2 x Timed 23’s

**Friday, March 31: Columbus Invite**

**Saturday, April 1:** Diagonals, 4x1 work freshman (weights)

**Monday, April 3:** 6 x 200’s s 3 x broken 400’s. (weights)

**Tues, April 4:** 4 x 40 M blocks / Wicket running, 4x1 work Fresh and Varsity, (ACT Day)

**Wed, April 5:** Freshman pre-meet. 6 x hill sprints 3 x 3 Speed belts (weights)

**Thur, April 6: Freshman @ Bell West,** Varsity Pre-meet, JV 8 x SSJW

**Friday, April 7: @ Millard South**

**Saturday, April 8:** No Practice

**Monday, April 10: Staff work day:** JV pre-meet, 6 x 200’s

**Tuesday, April 11: JV @ Burke** 6 x hill sprints, Wicket running, 4x1 work Varsity (weights)

**Wednesday, April 12:** Pre-meet Varsity, JV Sprint Belts 3 x 3

**Thursday, April 13: Titan Classic**

**Friday, April 14:** JV 6 x 200’s walk recovery, varsity sprint belts 4x4 (weights)

**Saturday, April 15:** Diagonals (weights)

**Monday, April 17:** Varsity 7 x 200’s JV 4x4 sprint belts

**Tuesday, April 18:** Wicket running, 5 x hill sprints, 4 x 40 M blocks (Weights)

**Wed, April 19:** Pre-meet for DSI, JV 7 x SSJW

**Thur, April 20: DSI @ home**

**Friday, April 21:** JV 4x4 sprint belts, Varsity 5 x 40 M blocks (weights)

**Saturday, April 22: Freshman @ Milllard West**, JV 4 x 30M blocks, 4x1 work, Varsity 5x5 Sprint belts.

**Monday, April 24:** JV Premeeet, Varsity 6 x 200’s (weights)

**Tuesday, April 25: JV Meet @ Buena Vista**, Varsity 7 x SSJW

**Wed, April 26:** 5 x 40M Block Starts, Freshman 4x1 (weights), Varsity pre-meet

**Thur, April 27: Gretna Invite**

**Friday, April 28:** Freshman Pre-meet, 4x4 Sprint Belts (weights)

**Saturday, April 29:** Wicket running s. 4x1 work Varsity,

**Monday, May 1:** Pre-meet Varsity, JV 2 x timed 23’s

**Tuesday, May 2: Metro Meet,**

**Wed, May 3:** 5 x Stride/Sprint/jog/walk 4x1 work JV

**Thur, May 4:** JV Pre-meet, 3 x 50M block starts & Wicket running

**Friday, May 5: Metro JV Meet @ Omaha Bryan**

**Saturday, May 6:** 4x200’s or. 2 x broken 400’s 5 min recovery @ PR pace

**Monday, May 8:** Pre-meet

**Tuesday, May 9:** District Meet

**Wed, May 10:** Diagonals and recovery work.

**Thursday, May 11**: Wicket running

**Friday, May 12**: 4 x SSJW

**Saturday, May 13:** 2 x Timed 23’s

**Monday, May 15:** 3 x 30 blocks and wicket running

**Tuesday, May 16** Pre-meet, lane assignments, Live gun starts and relays

**Wed, May 17: Day 1 State**

**Thur, May 18: Day 2 State**