**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.

**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 15th, 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 (distances vary onj athlete

**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 exchanges

**Workout Plan:**

**Monday, Feb 28::** 4 x SSJW

**Tuesday, March 1:** 2 x timed 23’s (weights)

**Wednesday, March 2:** Wicket running**.** 4 x 20M block starts (Weights)

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

**Friday, March 4:** Wicket running and form work.

**Saturday, March 5:** (9:00)Diagonals (weights)

**Monday, March 7:** 4 x 200’s or 4 x 150’s walk distance for recovery

**Tuesday, March 8:** 5 x SSJW (weights)

**Wednesday, March 9:** 5 x 20 m block starts, Flying 10s (timed)

**Thursday, March 10: Time trials** (weather determining which day) **Team pictures @ 5**

**Friday, March 11:** Wicket running (weights)

**Saturday, March 12:** Sprint Ladder (50-100-150-200-150-100-50)

**Monday, March 14:** No Practice

**Tuesday, March 15::** 10:00 6 x SSJW 4x1 exchanges for Elkhorn South (weights)

**Wed, March 16: (**10:00) 2 x timed 23’s (talk about open relay exchanges)

**Thur, March 17:** (10:00). Pre-meet for Elkhorn South, 6 x 30 M Block starts, (Weights)

**Fri, March 18:** (10:00). **Meet @ Elkhorn South**, JV Wicket runs, CSM Pre meet

**Saturday, March 19:** **Varsity @ College of St. Mary Indoor**

**Monday, March 21:** JV Pre-meet. Varsity 7 x SSJW

**Tuesday, March 22: JV @ Millard North Meet** Varsity 5 x 200’s or 150’s or 2 x broken 400’s 5-6 min recovery

**Wed, March 23:** 5 x 30 M block starts Wicket running (weights)

**Thur, March 24:** Varsity Pre-meet Warmup, blocks, relay exchanges, JV 5 x 200’s or 150’s

**Friday, March 25: Varsity @ Doane**

**Saturday, March 26: Elkhorn South Duel @ Home**

**Monday March 28:** JV Pre meet. Varsity 4 x Timed 23’s (weights)

**Tuesday March 29: JV @ home for ES Dual.** Varsity on turf Wicket running

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

**Thur, March 31:** Varsity Pre meet. JV 2 x Timed 23’s

**Friday, April 1: Columbus Invite**

**Saturday, April 2:** Diagonals, 4x1 work freshman (weights)

**Monday, April 4:** No School practice @ 3:00 6 x 200’s s 3 x broken 400’s. (weights)

**Tues, April 5:** 4 x 40 M blocks / Wicket running, 4x1 work Fresh and Varsity,

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

**Thur, April 7: Freshman @ Bell West,** Varsity Pre-meet, JV 8 x SSJW

**Friday, April 8: @ Millard South**

**Saturday, April 9:** Diagonals (weights)

**Monday, April 11:** JV pre-meet, 3 x timed 23’s

**Tuesday, April 12: JV @ Westside**, Wicket running, 4x1 work Varsity (weights)

**Wednesday, April 13:** Pre-meet Varsity, JV Sprint Belts 3 x 3

**Thursday, April 14: Titan Classic**

**Friday, April 15:** No SchoolJV 6 x 200’s walk recovery, varsity sprint belts 4x4 (weights)

**Saturday, April 16:** No Practice

**Monday, April 18:** Pre-meet for Trackfest, Varsity 7 x 200’s JV 4x4 sprint belts

**Tuesday, April 19: TrackFest (**Weights when not competing.)

**Wed, April 20:** Pre-meet for DSI, JV Wicket running 4 x 40 M blocks

**Thur, April 21: DSI @ home**

**Friday, April 22:** JV 4x4 sprint belts, Varsity 5 x 40 M blocks (weights)

**Saturday, April 23:** Varsity pre-meet, JV 4 x 30M blocks, 4x1 work,

**Monday, April 25: Varsity @ Bellevue West**

**Tuesday, April 26: Titan JV Meet**, Varsity 7 x SSJW

**Wed, April 27:** 5 x 40M Block Starts, flying 10s (timed) Freshman 4x1 (weights)

**Thur, April 28:** Varsity3 x Timed 23’s, JV 2 x Timed 23’s

**Friday, April 29:** Freshman Pre-meet, 4x4 Sprint Belts (weights)

**Saturday, April 30: Freshman @ Millard West**, Wicket running s. 4x1 work Varsity,

**Monday, May 2:** Pre-meet Varsity, JV 3 x 200’s

**Tuesday, May 3: Metro Meet,**

**Wed, May 4:** 5 x SSJW, 4x1 work JV, Flying 10s for JV (timed)

**Thur, May 5:** JV Pre-meet, 3 x 50M block starts & Wicket running

**Friday, May 6: Metro JV Meet**

**Saturday, May 7:** 4x200’s or. 2 x broken 400’s 5 min recovery @ PR pace

**Monday, May 9:** Pre-meet

**Tuesday, May 10:** District Meet

**Wed, May 11:**

**Thursday, May 12**: Wicket running

**Friday, May 13**: 4 x SSJW

**Saturday, May 14:** 2 x Timed 23’s

**Monday, May 16:** 3 x 30 blocks and wicket running

**Tuesday, May 17** Pre-meet, lane assignments, Live gun starts and relays

**Wed, May 18: Day 1 State**

**Thur, May 19: Day 2 State**