



2014

Training Plan

Y/I Plan overview and definitions

This plan is a guide for planning workouts throughout the season. Because of the wide range of ability and capacity to train, there will be a need for adjustment. If there are athletes either unable to complete the workouts or complete the workout with the intended intensity/pace, the number of reps can be adjusted.

The season is broken up into three major categories: 1) early season, 2) mid season and 3) championship season. Each part of the season is meant to prepare the athletes to perform their best in the championships meets (JV Finals, Varsity Finals and beyond).

During the **early season** portion of the schedule, the majority of time is spent on developing aerobic capacity. A strong aerobic capacity will help enable athletes handle the anaerobic work in the later part of the season as well as develop general endurance. You'll notice the repetitions, the pace is slower and the rest is shorter.

The **mid season** is where the highest volume of work occurs as well as introducing anaerobic work (speed endurance). Intensity begins to increase, while volume hits the highest point in the season.

Finally, the **championship season** sees the workload decrease, providing more rest to prepare athletes to perform their best when it counts.

Sprint vs. Distance

There are some athletes who know that they only want to run sprints (400m or below) or only distance (800m or above). Both sprinters and distance runners need to develop their aerobic system. This system will continue to improve throughout adulthood.

However, those that want to concentrate on the sprint events will spend less time developing the aerobic system and instead will focus more on anaerobic (speed endurance) and speed development. The workouts will tend to be higher in intensity and lower in volume.

Distance runners will be spending much more time on aerobic system development and more time at the (T) pace (defined below).

Definitions:

Speed development – Workouts that are meant to recruit muscle fibers that are responsible for running at maximum speed for a very short distance. Many people consider “speed work” to be intervals or repeats such as 400 meter repeats or 200 meter repeats, etc. This is not your maximum speed.

You’ll see on most Thursdays we’ll be doing “150m in and outs”, “30 meter falling starts”, or “50 meter hill sprints” (some of these workouts are denoted with a SD). These are not meant to be tiring, but are meant to tap into your fast twitch muscle fibers and train the nervous system to use them. This is sometimes called neuromuscular training.

The reason that your basic speed matters is that it's a window into a broader continuum of paces, i.e., speeds, that you need to run to perform your best. When you improve your basic speed, you become more efficient at the other speeds you need to hit. It also helps develop better running economy or the efficiency of running and running form/technique.

Paces:

In each workout, there is a letter in parenthesis. This letter designates the pace each repetition should be run. The specific pace can be derived by several tables (i.e. Jack Daniels running formula or the McMillian running calculator) that use race times to determine the proper pace for each athlete. Following are the definitions:

(E) or Easy pace – this is a pace that is comfortable to run. Athletes should be able to have a conversation when running easy pace. Easy running helps build the muscle system required for running and helps develop the systems within the muscles that help deliver oxygen.

(T) or Threshold pace – running at Threshold pace is where the athlete is running at maximum oxygen consumption without developing high accumulations of lactate. Threshold training helps extend the amount of time that an athlete can run in a race without accumulating high levels of lactate (know as lactic acid).

(I) or Interval pace – This is the most intense pace of running. Interval pace training stresses the oxygen delivery/processing system beyond its limit. This type of training helps the muscles learn to manage oxygen deficiency and lactate processing (buffering and consumption of lactate). This helps increase speed endurance capabilities.

Warm Up Drills:

Muscles contract faster and harder when warm versus when cold. If a high level of performance in a workout or race is expected, a warm up is required. Any movements will warm the body and raise the muscles temperature, however the warm up routines chosen below are developed to match the type of workout (i.e. aerobic warm up is designed to be done before races or hard workouts) and also to be specific to running motions and that teach and develop areas essential to efficient running technique.

The drills also act as plyometric exercises, which develop power and explosion along with building strength within running motions, which also contribute to improved running economy and form.

Strength and Mobility

Whether the athlete is a sprinter or distance runner, becoming a better athlete (stronger and more explosive) will not only help performance, but will also help greatly in preventing injury, improving running economy (form and technique), and will increase the athlete's ability to do more work.

Historically, when doing this type of work, athletes have focused on strengthening and creating flexibility in specific muscles (i.e. stretching a hamstring or doing a hamstring exercise). Current beliefs are moving towards training movements or creating strength and flexibility within a range of motion specific to the sport (in this case running).

For every practice, there are routines for GSM (General Strength and Mobility). These routines are very common among track and field athletes from high school to college and even professionals. The routines are chosen to compliment the type of running workout being done on that particular day.

Following are breakouts of what each Warm Up or GSM routine contains along with URLs that demonstrate them:

Warm up and Drills

Lunge Matrix

This routine can be done at the start of practice, right before the running portion, or integrated into either strength or drills.

- this routine can be seen at: <http://www.coachjayjohnson.com/2010/04/lunge-matrix-as-warm-up/>

Sprint

A skips 2 x 20 meters

B skips 2 x 20 meters

G drill 2 x 20 meters

Fast leg right 2 x 20 meters

Fast leg left 2 x 20 meters

Fast leg both 2 x 20 meters

Straight leg bounding 2 x 20 meters (bound for the first 10, then run out)

Retro running heel to butt 2 x 20 meters

Walking lunges 2 x 10 meters

Walking side lunges 2 x 10 meters (1 with each leg leading)

- * part of this routine can be seen at: <http://www.coachjayjohnson.com/2009/05/speed-development-part-3-and-4/> (sprint

Aerobic Work

Forward skips (big arms) 20 meters

Backward skips (big arms) 20 meters

Lateral shuffle (big arms) 20 meters each direction

Single leg squat 5 times then run out for 20 meters each leg

Forward skips (arms across body) 20 meters

Backward skips (arms across body) 20 meters

Wide outs 5 times then run out for 20 meters (back and forth)

Speed skater 5 times then run out for 20 meters (back and forth)

Single mountain climber 5 times each leg then run out for 20 meters

Retro running heel to butt 20 meters

Double leg mountain climbers 5 times then run out for 20 meters

Retro running heel to butt 20 meters

- this routine can be seen at: <http://www.coachjayjohnson.com/2009/06/aerobic-work-warm-up/>

Speed Ladders

In and out steps

Lateral shuffle

Side laterals

Forward hop

Siderocker

Icky shuffle

* this routine can be seen at: http://www.youtube.com/watch?v=sOAA-_IGyUw and <http://www.youtube.com/watch?v=7RHVnGwoU1E&NR=1&feature=fvwp>

General Strength and Mobility

Grant Green

Scorpions 10

Iron cross 10

Lateral leg raises neutral foot, toe in, toe out 5 each way on each leg

Push ups 5

Lower body crawl 10

Australian crawl 10

Groiners 10

Hurdle seat exchange 10

Russian hamstrings 10

Low level twist 10

*Quick leg cycle 5

*Hurdle trail leg (forward and backward) 5

*Lateral leg swing 5

*Linear leg swing 5

*Linear leg swing with bent leg 5

* this routine can be seen at: <http://www.coachjayjohnson.com/2011/11/eight-week-general-strength-progression/> see part 5 of the 8 week General Strength Progression

Athena Med Balls

Big turns 5 times each way

Long snappers 10 times

Straight arm rotations 5 times each way

Haybales 5 times each way

Bent arm rotations 5 times each way

180 to 90 toe touches 5 times

Seated swings 5 times each way

Around the world 5 times each way

Seated twists 5 times each way

- this routine can be seen at: <http://www.coachjayjohnson.com/2010/02/work-on-your-butt-then-get-off-your-butt/>

Myrtl

Clams 5 on each leg

Lateral leg raises neutral foot 5 on each leg (neutral foot, toe in, and toe out)

Donkey kicks 5 on each leg

Donkey whips 5 on each leg

Fire hydrant 5 on each leg

Knee circles frontward 5 on each leg (frontward and backward)

Plank 20 sec

Lateral plank 20 sec on each side

Supine plank 20 sec

Push ups 5

Burpees 5

- this routine can be seen at: <http://www.coachjayjohnson.com/2011/12/building-a-better-myrtl> and www.coachjayjohnson.com/2011/11/eight-week-general-strength-progression part 1

February 10 - 16

Week 1 – *Early Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint	1 Mile (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	3 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	2 x 800 (T), 2 min rest between Purpose – Aerobic capacity, teach (T) pace	Myrtl + 10 Rocky's
	Distance	Aerobic Work	4 Miles (E), 4 x 100m strides Purpose – Aerobic capacity, running economy/form	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	800 Meters (E), 4 x 50m hill sprints (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	3 Mile (E), 4 x 50m hill sprints (SD) Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Sprint	N/A	10 Minutes (E) cross country run on your own 4 x 100m strides Purpose – Aerobic capacity	N/A
	Distance	N/A	4 Miles (E) on your own Purpose – Aerobic capacity	N/A

Quote of the week: *"The will to win means nothing without the will to prepare."* -Juma Ikangaa, 1989 NYC Marathon winner

February 17 - 23

Week 2 – *Early Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint	1 Mile (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	4 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	2 x 800 (T), 2 min rest between Purpose – Aerobic capacity, teach (T) pace	Myrtl + 10 Rocky's
	Distance	Aerobic Work	15 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace and team work	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	800 Meters (E), 5 x 50m hill sprints (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	4 Mile (E), 4 x 50m hill sprints (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Sprint	N/A	10 Minutes (E) cross country run on your own 4 x 100m strides Purpose – Aerobic capacity	N/A
	Distance	N/A	5 Miles (E) on your own Purpose – Aerobic capacity	N/A

Quote of the day: *"Running is the greatest metaphor for life, because you get out of it what you put into it."*
-Oprah Winfrey

February 24 – March 2

Week 3 – *Early Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	1600m (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	4.5 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	2 x 400m(T) 60 sec rest, 4 x 200(T) 30 sec rest Purpose – Aerobic capacity, teach (T) pace	Myrtl + 10 Rocky's
	Distance	Aerobic Work	1600(T) 3 min rest, 4 x 400 (T) 60 sec rest Purpose – Aerobic capacity	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	800m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Sprint	N/A	10 Minutes (E) cross country run on your own 4x 100m strides Purpose – Aerobic capacity	N/A
	Distance	N/A	5 Miles (E) on your own Purpose – Aerobic capacity	N/A

Quote of the week: *"The miracle isn't that I finished. The miracle is that I had the courage to start."* John Bingham - running speaker and writer

March 3 - 9

Week 4 – *Early Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	1600 (E on curves, T on straights) Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	1 x 800 (T) 2 min rest 1 x 400m (I) 2 min rest 2 x 200m (I) 1 min rest Purpose – Aerobic capacity/Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	2 x 800m (T) 2 min rest 4 x 400m (T) 1 min rest 2 x 200m (I) 1 min rest Purpose – Aerobic capacity	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	1200m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Sprint	N/A	10 Minutes (E) cross country run on your own 4 x 100m strides Purpose – Aerobic capacity	N/A
	Distance	N/A	5 Miles (E) on your own Purpose – Aerobic capacity	N/A

Quote of the week: *"Whether you believe you can or believe you can't, you're probably right."* -Henry Ford

March 10 - 16

Week 5 – *Early Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	8 x 200m (T) 30 seconds rest Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	5.5 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	4 x 300 (T) 30 seconds rest between 2 x 200m (I) 1 minute rest Purpose – Aerobic capacity/Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	20 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace and team work	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	1200m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	5 Mile (E), 4 x 150m in and outs (SD) Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Meet – Thousand Oaks Flyers @ Thousand Oaks High School			

Quote of the week: *"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."* -PattiSue Plumer, U.S. Olympian

March 17 - 23

Week 6 – Mid Season

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	8 x 200m (T) 30 seconds rest Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	5.5 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	4 x 300 (i), 2 min rest between Purpose – Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	1 x 800m (T) 2 minutes rest 2 x 600m (T) 2 minutes rest 2 x 400m (I) 2 minutes rest 2 x 200m (I) 1 minute rest Purpose – Aerobic capacity/Speed endurance	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	1200m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	5 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Meet – Camarillo Cosmos @ Camarillo High School			

Quote of the week: *"Mental will is a muscle that needs exercise, just like the muscles of the body."* -Lynn Jennings

March 24 – 30

Week 7 – *Mid Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	1600 (E on curves, T on straights) Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	6 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	6 x 200 (I) 2 min rest between Purpose – Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	4 x 800 (T) 2 minutes rest 2 x 200 (I) 1 minute rest Purpose – Aerobic capacity/Speed endurance	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	1200m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	5 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Meet – Moorpark Striders @ Buena High School			

Quote of the week: *"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" - Peter Maher, Canadian marathon runner*

March 31 – April 6

Week 8 – *Mid Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	1600 (E on curves, T on straights) Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	6 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	3 x [300m (I) 1 min rest, 100m (I)] Complete rest between each set Purpose – Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	6 x 400m (T) 3 minutes rest 4 x 200m (I) 1 minutes rest Purpose – Aerobic capacity, speed endurance	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	1200m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	5 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Meet – Newbury Park Panthers @ Buena			

Quote of the week: *"Ask yourself: 'Can I give more?' The answer is usually: 'Yes'." -Paul Tergat, Kenyan professional marathoner*

April 7 - 13

Week 9 – Mid Season

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	8 x 200m (T) 30 seconds rest Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	6 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	2 x [350m (I) 1 min rest, 100m (I)] Complete rest between each set Purpose – Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	1 x 400m (I) 90 seconds rest 1 x 800m (I) 3 minutes rest 1 x 1200m (I) 5 minutes rest 1 x 800m (I) 3 minutes rest 1 x 400m (I) Purpose – Speed endurance	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	1200m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	5 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday/ Sunday	Southern Californian Youth Invitational – College of the Canyons			

Quote of the week: *"Some runners judge performance by whether they won or lost. Others define success or failure by how fast they ran. Only you can judge your performance. Avoid letting others sit in judgment of you."* -Hal Higdon

April 14 - 20

Week 10 – *Mid Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	6 x 200m (I) 2 minutes rest Purpose – Speed endurance	Grant Green + 25 push ups
	Distance	Sprint	6.5 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	2 x 400 (I) + 50 meters all out Complete rest Purpose – Speed endurance	Myrtle + 10 Rocky's
	Distance	Aerobic Work	25 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace, team work	Myrtle + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	4 x 300m (T) 1 minute rest 4 x 150m in and outs Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	5 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Meet – Oxnard Stars @ Oxnard High School			

Quote of the week: *"Mind is everything. Muscle - pieces of rubber. All that I am, I am because of my mind". - Paavo Nurmi*

April 21 - 27

Week 11 – *Championship Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	8 x 100m (I) 1 minute rest Purpose – Speed endurance	Grant Green + 25 push ups
	Distance	Sprint	6 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	3 x [300m (I) 1 minute rest, 100m (I)] Complete rest between each set Purpose – Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	4 x 400m (I) 2 minutes rest 3 x 300m (I) 90 seconds rest 2 x 200m (I) 1 minute rest Purpose – Speed endurance	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	4 x 300m (T) 1 minute rest 4 x 150m in and outs Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	5 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	Meet- Heritage Valley Blazers @ Santa Paula High School			

Quote of the week: *"I'm going to work so that it's a pure guts race at the end, and if it is, I am the only one who can win it."* -Steve Prefontaine

April 28 – May 4

Week 12 – *Championship Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	10 x 75m (I) 1 minute rest Purpose – Speed endurance	Grant Green + 25 push ups
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	3 x 250 (I) Complete rest Purpose – Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	2 x 800m 5 minutes rest 1 st at 10 seconds over PR pace 2 nd at best effort Purpose – Speed endurance, race simulation	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	800 Meters (E), 4 x 30 meter falling starts Purpose – Speed development, running economy/form	Athena Med Ball + kneeling/standing ball slams
	Distance	Speed Ladder	4 Mile (E), 4 x 50m hill sprints (SD) Purpose - Aerobic capacity, speed development, running economy/form	Athena Med Ball
Saturday	JV Finals @ Oxnard High School			

Quote of the day: *"I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart."* – Mike Fanelli

May 5 - 11

Week 13 – *Championship Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	10 x 75m (I) 1 minute rest Purpose – Speed endurance	Grant Green + 25 push ups
	Distance	Sprint	3 Miles (E) 4 x 400 (T) 1 minute rest Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	2 x 300 (I) complete rest Purpose – Speed endurance	Myrtl + 10 Rocky's
	Distance	Aerobic Work	15 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace, teamwork	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder + Laying starts	400m (T), 5 x 30 meter falling starts Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	2 Miles (E) 4 x 100m strides Purpose - Aerobic capacity, speed development, running economy/form	
Saturday	Varsity Finals @ Moorpark High School			

Quote of the week: *"The will to win means nothing without the will to prepare."* -Juma Ikangaa, 1989 NYC Marathon winner (repeat from week 1)

May 12 - 18

Week 14 – *Championship Season*

Day	Group	Drills	Workout	Strength
Maintenance Monday	Sprint	Sprint	1 Mile (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity	Grant Green + 25 push ups
Warrior Wednesday	Sprint	Aerobic Work	4 x 200m (T), 2 min rest between 4 x 30m falling starts Purpose – Aerobic capacity, speed development	Myrtl + 10 Rocky's
	Distance	Aerobic Work	4 x 400m (l) 2 minutes rest 2 x 200m (l) 1 minute rest Purpose – Speed endurance	Myrtl + 25 push ups
T.N.T. Thursday	Sprint	Speed Ladder	5 x 100m (l) 2 min rest Purpose – Speed endurance	
	Distance	Speed Ladder	2 Miles (E) 4 x 100m strides Purpose - Aerobic capacity, speed development, running economy/form	
Saturday	Co Conference Championship Meet @ Santa Barbara City College			

Quote of the week: *"A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more. Nobody is going to win a 5,000 meter race after running an easy 2 miles. Not with me. If I loose forcing the pace all the way, well, at least I can live with myself."*

Steve Prefontaine

