



2013

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 that are 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. Intensity begins to increase, rest periods decrease while volume hits the highest point in the season.

Finally, the **championship season** sees the volume decrease, the intensity and the rest both decrease. Race simulation workouts are introduced - helping with race strategy and developing a strong finish.

Sprint vs. Distance

There are some athletes who know that they only want to run sprints (400m or below) or only distance (400m 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. 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 “in and outs” or 30 meters all out, or 50 meter hills (some of these workouts are denoted with a (SD). These are not meant to be difficult or 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.

Why is this important?

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.

Paces:

Looking at the workouts, you’ll notice after each repetition 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 figure out what the proper pace is 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 (known as lactic acid).

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

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 core 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.

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.

Below 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 drills)

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-I GyUw> 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 5 on each leg

Lateral leg raises toe in 5 on each leg

Lateral leg raises toe out 5 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

*later in the season, these exercises can be added

*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](http://www.coachjayjohnson.com/2011/11/eight-week-general-strength-progression-part-1)

February 11th – *Early Season*

Running

Strength

Drills

Monday

Sprint

1 mile (E)

Grant Green

Sprint

Distance

3 miles (E)

Wednesday

Sprint

2 x 800 (T)

Athena Med Ball

Aerobic Work

Distance

3 miles (E)

Thursday

Sprint

800 meters (E)

Myrtl

Speed Ladder

4 x 50 meter hills (SD)

Distance

3 miles (E)

4 x 50 meter hills (SD)

Saturday

No Meet

Sprint

10 min (E) on your own

Distance

30 min (E) on your own

February 18th - *Early Season*

Running

Strength

Drills

Monday

Sprint

1 mile (E)

Grant Green

Sprint

Distance

3.5 miles (E)

Wednesday

Sprint

2 x 800 (T)

Athena Med Ball

Aerobic Work

Distance

3.5 miles (E)

Thursday

Sprint

800 meters (E)

Myrtl

Speed Ladder

4 x 50 meter hills (SD)

Distance

3.5 miles (E)

4 x 50 meter hills (SD)

Saturday

No Meet

Sprint

10 min (E) on your own

Distance

30 min (E) on your own

February 25th - *Early Season*

Running

Strength

Drills

Monday

Sprint

1 mile (E)

Grant Green

Sprint

Distance

4 mile (E)

Wednesday

Sprint

2 x 800 (T)

Athena Med Ball

Aerobic Work

Distance

5 min (E)

8 min (T)

5 min (E)

Thursday

Sprint

1 mile (E)

Myrtl

Speed Ladder

5 x 50 meter hills (SD)

Distance

4 mile (E)

5 x 50 meter hills (SD)

Saturday

Sprint

10 min (E) on your own

Distance

30 min (E) on your own

March 4th - *Early Season*

Running

Strength

Drills

Monday

Sprint

800(E)

Grant Green

Sprint

4 x 200 meter (T), 30 sec rest

Distance

4.5 miles (E)

4 x 100 meter (build ups)

Wednesday

Sprint

2 x 400 (T) 60 sec rest

Athena Med Ball

Aerobic Work

4 x 200 (T) 30 sec rest

Distance

1 mile (T) 3 min rest

4 x 400 (T) 60 sec rest

Thursday

Sprint

1200 meters (E)

Myrtl

Speed Ladder

4 x 150 (in and outs)

Distance

3.5 miles (E)

4 x 150 (in and outs)

Saturday

Practice Meet

March 11th - *Early Season*

Running

Strength

Drills

Monday

Sprint

1 mile (E curves, T straights)

Grant Green

Sprint

Distance

4.5 miles (E)

4 x 100 meter (build ups)

Wednesday

Sprint

1 x 800 meter (T) 2 min rest

Athena Med Ball

Aerobic Work

1 x 400 meter (I) 2 min rest

2 x 200 meter (I) 1 min rest

Distance

2 x 800 meter (T) 2 min rest

3 x 400 meter (T) 1 min rest

2 x 200 meter (I) 1 min rest

Thursday

Sprint

1200 meter (E)

Myrtl

Speed Ladder

4 x 150 (in and out)

Distance

4.5 miles (E)

4 x 150 (in and out)

Saturday

Meet – Home vs Thousand Oaks

March 18th - *Early Season*

Running

Strength

Drills

Monday

Sprint

8 x 200 meter (T) 30 sec rest

Grant Green

Sprint

Distance

4.5 mile (E)

Wednesday

Sprint

4 x 300 meter (T) 60 sec rest

Athena Med Ball

Aerobic Work

2 x 200 meter (I) 60 sec rest

Distance

2 x 800 meter (T) 2 min rest

2 x 400 meter (T) 1 min rest

2 x 200 meter (I) 1 min rest

Thursday

Sprint

1200 meter (E)

Myrtl

Speed Ladder

4 x 150 (in and out)

Distance

4.5 mile

4 x 150 (in and out)

Saturday

Meet – Away vs Oxnard

March 25th - *Mid Season*

Running

Strength

Drills

Monday

Sprint

8 x 200 meter (T) 30 sec rest

Grant Green

Sprint

Distance

5 miles (E)

Wednesday

Sprint

4 x 300 (I) 2 min rest

Athena Med Ball

Aerobic Work

Distance

1 x 800 (T) 2 min rest

2 x 600 (T) 2 min rest

2 x 400 (I) 2 min rest

2 x 200 (I) 1 min rest

Thursday

Sprint

800 meter (E)

Myrtl

Speed Ladder

4 x 150 (in and out)

Distance

4.5 miles (E)

4 x 150 (in and out)

Saturday

Sprint

15 minutes (E) – easy run and 4 x 200 (I) 1 min rest

Distance – 35 min (E)

April 1th - *Mid Season*

Running

Strength

Drill

Monday

Sprint

1 mile (E on curves, T on straights) Grant Green

Sprint

Distance

5 miles (E)

Wednesday

Sprint

3 x 300 meter (I) 2 min rest

Athena Med Ball

Aerobic Work

2 x 200 meter (I) 1 min rest

Distance

1 x 1200 (T) 3 min rest

4 x 400 (I) 2 min rest

2 x 200 (I) 1 min rest

Thursday

Sprint

2 x 400 (T) 1 min rest

Myrtl

Speed Ladder

4 x 150 (in and out)

Distance

4.5 mile (E)

4 x 150 (in and out)

Saturday

Meet – Away vs Newbury Park

April 8th - *Mid Season*

Running

Strength

Drills

Monday

Sprint

1.25 miles (E on curves, T on straights)

Grant Green

Sprint

Distance

5 miles (E)

Wednesday

Sprint

6 x 200 (I) 2 min rest

Athena Med Ball

Aerobic Work

Distance

4 x 800 (T) 2 min rest

2 x 200 (I) 1 min rest

Thursday

Sprint

2 x 400 (E) 1 min rest

Myrtl

Speed Ladder

4 x 150 (in and out)

Distance

4.5 miles (E)

4 x 150 (in and out)

Saturday

Meet - Dual Conference Open

April 15th - Mid Season

Running

Strength

Drills

Monday

Sprint

1.25 miles (E on curves, T on straights)

Grant Green

Sprint

Distance

5.5 miles (E)

Wednesday

Sprint

8 x 200 (I) 2 min rest

Athena Med Ball

Aerobic Work

Distance

2 x 1000 (T) 3 min rest

2 x 600 (I) 2 min rest

2 x 200 (I) 1 min rest

Thursday

Sprint

4 x 300 (T) 1 min rest

Myrtl

Speed Ladder

4 x 150 (in and out)

Distance

5 miles (E)

4 x 150 (in and out)

Saturday

Meet – Home vs Ojai

April 22rd - Championship Season

Running

Strength

Drills

Monday

Sprint

8 x 200 (I) 2 min rest

Grant Green

Sprint

Distance

5.5 miles (E)

Wednesday

Sprint

2 x 450 (I)

Athena Med Ball

Aerobic Work

Last 50 m all out, 3 min rest

Distance

6 x 400 (I) 3 min rest

2 x 200 (I) 2 min rest

Thursday

Sprint

4 x 300 (T) 1 min rest

Myrtl

Speed Ladder

4 x 150 (in and out)

Distance

5 miles (E)

4 x 150 (in and out)

Saturday

Meet – Away vs Moorpark

April 29th - Championship Season

Running

Strength

Drills

Monday

Sprint

8 x 200 (I) 2 min rest

Grant Green

Sprint

Distance

5.5 miles (E)

Wednesday

Sprint

2 x 350 (I) 3 min rest

Athena Med Ball

Aerobic Work

2 x 150 (I) 2 min rest

Distance

2 x 400 (I) 3 min rest

2 x 300 (I) 2 min rest

2 x 200 (I) 2 min rest

Thursday

Sprint

800 (E)

Myrtl

Speed Ladder

5 x 30 full rest

Distance

5 miles (E)

4 x 150 (in and out)

Saturday

Meet – Home vs Heritage Valley

May 6th - Championship Season

Running

Strength

Drills

Monday

Sprint

8 x 150 (I) 2 min rest

Grant Green

Sprint

Distance

5 miles (E)

Wednesday

Sprint

3 x 200 (I) 3 min rest

Athena Med Ball

Aerobic Work

2 x 100 (I) 2 min rest

Distance

2 x 800 (I) 5 min rest

2 x 200 (I) 2 min rest

Thursday

Sprint

800 (E)

Myrtl

Speed Ladder

5 x 30 full rest

Distance

3 miles (E)

4 x 150 (in and out)

Saturday

JV Finals

May 13th - Championship Season

Running

Strength

Drills

Monday

Sprint

8 x 100 (I) 2 min rest

Grant Green

Sprint

Distance

5 miles (E)

Wednesday

Sprint

800 (E)

Myrtl

Speed Ladder

5 x 30 full rest

Distance

2 miles (E)

4 x 150 (in and out)

Thursday

Sprint

4 x 200 (T) 2 min rest

N/A

N/A

Distance

2 mile (E)

4 x 200 (T) 2 min rest

Saturday

Varsity Finals

