

Daily Drills

1. Stretch

- a. Step-Hip-Twist
- b. Grouchos
- c. Frankenstein's monster
- d. Kick-up & Touch Down
- e. Pull-Up & Pull-Back
- f. Pull-up to side & Step-out, back forth and Switch (we need a good name for this one)

2. Mobility

- a. Skipping Arms up and around
- b. Karaoke
- c. Side Shuffle with arm extensions
- d. C-Skip
- e. D-Skip

3. Speed Dynamics

- a. Anklings
- b. A-March into A-Skip
- c. B-Skip
- d. Russians
- e. Straight legged run
- f. High Knees
- g. High Knees Backwards
- h. Fast leg series
 - i. Alternating
 - ii. Left leg then right leg
 - iii. Left leg continuous then right leg continuous
- i. Bounding stride

Once a Week Drills (strengthening)

1. World's Greatest Lunges
2. Backwards lunges with extensions
3. Centipede
4. Frog Jumps
5. Continuous 1st phase

Sprinter/Jumpers Workouts

Week 1: Getting a Good Base March 30th – April 5th

- **Monday – Getting back into it/lifting**
 - Drills (Stretching, Mobility, Speed dynamics)
 - 2 - 4 x acceleration (50 meters)
 - **10 – 20 minute Run**
 - 2 – 4 x Striders (50 meters – stay tall, work on knee lift)
 - **Lifting** or Body Weight exercises
 - Stretch (head to toes – hold each muscle for 20 seconds)

- **Tuesday – Power, strength and endurance**
 - Drills (Stretching, Mobility, Speed dynamics)
 - **Continuous Hills or Stairs** (working on knee drive)
 - 4 – 6 x 30 second run up, jog down and go right back up
 - 5 – 10 minute jog
 - 2 – 4 x striders (50 meter – stay tall, work on knee lift)
 - Stretch (head to toes – hold each muscle for 20 seconds)

- **Wednesday – increase recovery, increase endurance/lift**
 - Drills (Stretching, Mobility, Speed dynamics)
 - 3 minute run then stretch what you need
 - **On/Offs – 9 to 15 minutes**
 - jog 2 minutes then run 1 minute, repeat, no stopping
 - 3 minute cool down
 - 4 x Striders (50 meters – stay tall, work on knee lift)
 - **Lift** or body weight exercises
 - Stretch (head to toes – hold each for 20 seconds)

- **Thursday – Power and endurance**
 - Drills (Stretching, Mobility, Speed dynamics)
 - **1 – 2 set(s) Circuit** – each station for 45 seconds, then run 1 minute
 - Station 1: Jumping Jacks (45 seconds, run 1 minute)
 - Station 2: Burpees (45 seconds, run 1 minute)
 - Station 3: Crunches (45 seconds, run 1 minute)
 - Station 4: High Knees (45 seconds, run 1 minute)
 - Station 5: Side Shuffle (45 seconds, run 1 minute)
 - Rest 5 minutes – Repeat
 - 3 minute cool down
 - Strech (head to toe – hold each for 20 seconds)

- **Friday – Balance out the week/lift**
 - Drills (Stretching, Mobility, Speed dynamics)
 - 2 - 4 x acceleration (50 meters)
 - **10 – 20 minute Run**
 - 2 – 4 x Striders (50 meters – stay tall, work on knee lift)
 - **Lifting** or Body Weight exercises
 - Stretch (head to toes – hold each muscle for 20 seconds)

- **Saturday**
 - Off, yoga or Make-up day

- **Sunday**
 - Off, yoga or Long run day (20 – 30 minutes)

Base Building

If you are just beginning to train for distance running, you can contact Coach Dearing if you would like some advise on how to get going.

ddearing@brunswick.k12.me.us

During the Base Building Phase, most of your running should be at an easy pace along with drills and stretching everyday.

Strides are good for opening up the speed a little during Base Building, pryer to when you begin interval and tempo workouts.

5-6 strides can be done 3-4 days per week, after the run or over the last mile of a run.

Mileage: You can add 2-3 miles more per week during the Base Building Phase: that is about 6-9 miles per 3 weeks of training.

Tips for Consistant Running

Listen to your body.

Tweaks, niggles, whatever you want to call them ... if your body is warning you that something may be off, don't ignore it. Often times, when runners fear missing out on training, they'll run through the pain, which, unless they are some sort of genetic freak, can lead to injury

Don't fear a day off (or two).

There are plenty of people who cannot—and will not—miss a day of running. Building in **days off** into your training blocks is key to staving off injuries. Instead of being something that you have to do, running becomes something that you want to do.

Switch things up.

Despite all of its obvious virtues, running can be monotonous. Even the most routine-oriented person will tire of covering the same route, distance and speed. Varying the workouts as well as where you do them will keep your training from going stale.

Run in the moment.

Put away your technology. Run with your watch covered up by your sleeve, or with your phone tucked away in a pocket so you can analyze your performance post-run (instead of on the run). This will allow you to focus less on pace and more on what's around you. The sprouting of the leaves along wooded trails, the smell of freshly cut grass, the sound of your breathing. Instead of spending your run doing mental math or eyeing your pace per mile. You can become fully absorbed by all of the pure, simple and addictive joys that running has to offer.

Name: _____

Max

Bench:	0
Squat:	0
Clean:	0

Week 1

		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Day 1	Bench	4	0	4	0	8	0	8	0	4	0
	Squat	3	0	4	0	8	0	8	0	3	0
	Clean	4	0	4	0	8	0	8	0	4	0
Day 2	Bench	3	0	3	0	3	0	3	0		
	Squat	3	0	3	0	3	0	3	0		
	Clean	3	0	3	0	3	0	3	0		
Day 3	Bench	4	0	4	0	10	0	8	0	4	0
	Squat	3	0	4	0	10	0	8	0	3	0
	Clean	4	0	4	0	10	0	8	0	4	0

Week 2

		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Day 1	Bench	4	0	4	0	10	0	8	0	5	0
	Squat	3	0	4	0	8	0	8	0	3	0
	Clean	4	0	4	0	10	0	10	0	4	0
Day 2	Bench	3	0	4	0	5	0	3	0		
	Squat	3	0	3	0	3	0	3	0		
	Clean	3	0	3	0	3	0	3	0		
Day 3	Bench	4	0	4	0	10	0	10	0	5	0
	Squat	3	0	4	0	10	0	8	0	3	0
	Clean	4	0	4	0	10	0	8	0	4	0

Week 3

		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Day 1	Bench	4	0	4	0	10	0	8	0	4	0
	Squat	3	0	4	0	8	0	8	0	4	0
	Clean	4	0	4	0	8	0	8	0	4	0
Day 2	Bench	3	0	3	0	3	0	3	0		

