

## **Middle Distance/Distance**

### **Week 4: April 20<sup>th</sup> – April 26<sup>th</sup>**

**If you are running cross country next fall, this is a good time to begin to take a look at embracing hills. Last year, one of the areas which the majority of our team struggled the most was with hills.**

**In most sports, you have to work on your weaknesses in order to improve. Hills can become your strength. They can become your favorite part of a course, where you separate yourself from the competition around you.**

**This is a good time to build a hilly run into your workouts once every 7-10 days. It can be a hilly course where you push the effort on each hill. Another possibility finding a hill where you can run repetitively and loop back down after a fast paced ascent.**

**Tell yourself, that you are going to make hills your strength and you will move away from your competition or hang in there for a better performance for you and your team.**

This week's quality workout is all on time, just like last week.

The recovery for each interval is 1 minute along with only 1 minute between sets. If you have done the past workouts you should find yourself moving very quickly with this workout.

Workout: Do 2 - 5 Sets - You may run with a little faster effort as compared to last week's workout.

Each set is composed of the following:

40 seconds - 1 minute Recovery

40 seconds - 1 minute Recovery

80 seconds - 1 minute Recovery

Reminder: Only 1 minute recovery between sets.

Try to run the 80 second sections at the same effort as the 40 second repetitions.

If you go too fast at the beginning you may end up needing more time to recover.

Take the extra time, but try to adjust your pace so you can get back onto the 1 minute recovery.

**Reminder:** Always warm up first with an easy jog followed by some form drills, stretches, shakeouts and some pickups.

See Daily Drills Sheet for help.

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

**Mileage:** you may add 2-3 miles per week or 7-10 miles over a 3 week period.

If you are just beginning to train for distance running, you can contact Coach Dearing for advice: [\*\*ddearing@brunswick.k12.me.us\*\*](mailto:ddearing@brunswick.k12.me.us)

## Sprinter/Jumpers Workouts

### Week 4: Speeding up! April 20<sup>th</sup> – April 26<sup>th</sup>

- **Monday – Speed and Power**
  - Drills (Stretching, Mobility, Speed dynamics)
  - **Short Hills or Stairs** (working on knee drive)
    - 5 – 8 x 20 second run up, walk down (recovery), right back up
  - 5 – 10 minute jog
  - 3 – 4 x striders (50 meter – stay tall, work on knee lift)
  - Stretch (head to toes – hold each muscle for 20 seconds)
  
- **Tuesday – Endurance/Recovery/Lifting**
  - Drills (Stretching, Mobility, Speed dynamics)
  - **Mid-Distance Run** 15 - 30 minute
  - 3 – 4 x striders (50 meter – stay tall, work on knee lift)
  - Stretch (head to toes – hold each muscle for 20 seconds)
  - Lift or body weight exercises
  - Stretch (head to toes – hold each for 20 seconds)
  
- **Wednesday – Speed/Form**
  - Drills (Stretching, Mobility, Speed dynamics)
  - Drill, Jog, Sprint, Walk
    - Do a drill rapid fire for 30 meters
      - Drill options: high knees, butt flicks, anklings, Russians,
    - Jog back to start
    - Sprint for 30 meters
    - Walk back (recovery)
    - Repeat
  - 5 – 10 minute jog
  - 3 – 4 striders ( 50 meter – stay tall, work on knee lift)
  - Stretch (Head to toes)
  
- **Thursday – Speed/Recovery/Reaction**
  - Drills (Stretching, Mobility, Speed dynamics)
  - **Shorter On/Offs x 5 – 8 sets**
    - Start at a telephone pole, run to the 2<sup>nd</sup>
    - Sprint from the 2<sup>nd</sup> and the 3<sup>rd</sup>
    - Jog between the 3<sup>rd</sup> and 4<sup>th</sup>
    - Sprint between the 4<sup>th</sup> and 5<sup>th</sup>
    - Walk back (recovery)

- Lift or body weight exercises
- Stretch (head to toe – hold each for 20 seconds)
  
- **Friday – Balance out the week**
  - Drills (Stretching, Mobility, Speed dynamics)
  - 5 minute Run
  - 5 – 7 x 150 meter Accelerations – last 20 meters should be fast
  - 5 minute Run
  - Stretch (Head to Toes)
  
- **Saturday**
  - Lift or body weight exercises
  - yoga or Make-up day
  
- **Sunday**
  - Off – or easy run or aerobic activity

## 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 1<sup>st</sup> phase