

Distance / Middle Distance - Salisbury University Track and Field

Week 1 Finals Week Stress Relief Runs! :)	WARM UP & STRETCH Women 3+ miles Men 3+ miles COOL DOWN & STRETCH	WARM UP & STRETCH Women 3+ miles Men 3+ miles COOL DOWN & STRETCH	WARM UP & STRETCH Women 3+ miles Men 3+ miles COOL DOWN & STRETCH	WARM UP & STRETCH Women 3+ miles Men 3+ miles COOL DOWN & STRETCH	WARM UP & STRETCH Women 5+ miles Men 5+ miles COOL DOWN & STRETCH	WARM UP & STRETCH Women 5+ miles Men 5+ miles COOL DOWN & STRETCH
Week 2 Holiday Week	2 MILE WARM UP & STRETCH 4 x 400 with 200 jog 2 MILE COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 5 miles Men 6 miles COOL DOWN & STRETCH	(MODERATE) WARM UP & STRETCH Women 5 miles Men 6 miles COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 5+ miles Men 6+ miles COOL DOWN & STRETCH	(BRISK) WARM UP & STRETCH Women 6+ miles Men 7+ miles Two Striders COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 5+ miles Men 6+ miles COOL DOWN & STRETCH
Week 3 New Years Week	2 MILE WARM UP & STRETCH 4 x 1600 with 3 min. rest 2 MILE COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 7+ miles Men 8+ miles COOL DOWN & STRETCH	(TEMPO) WARM UP & STRETCH Women 5+ miles Men 6+ miles Two Striders COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 5+ miles Men 6+ miles COOL DOWN & STRETCH	(BRISK) WARM UP & STRETCH Women 6+ miles Men 7+ miles Two Striders COOL DOWN & STRETCH	(MODERATE) WARM UP & STRETCH Women 5+ miles Men 6+ miles COOL DOWN & STRETCH
Week 4	2 MILE WARM UP & STRETCH 8 x 400 with 200 jog 2 MILE COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 8+ miles Men 9+ miles COOL DOWN & STRETCH	(TEMPO) WARM UP & STRETCH Women 5+ miles Men 6+ miles Two Striders COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 6+ miles Men 7+ miles COOL DOWN & STRETCH	(BRISK) WARM UP & STRETCH Women 6+ miles Men 7+ miles Two Striders COOL DOWN & STRETCH	(MODERATE) WARM UP & STRETCH Women 5+ miles Men 6+ miles COOL DOWN & STRETCH
Week 5	2 MILE WARM UP & STRETCH 4 x 1600 with 2 min. rest 2 MILE COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 9+ miles Men 10+ miles COOL DOWN & STRETCH	(TEMPO) WARM UP & STRETCH Women 6+ miles Men 7+ miles Two Striders COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 6+ miles Men 7+ miles COOL DOWN & STRETCH	(BRISK) WARM UP & STRETCH Women 6+ miles Men 7+ miles Two Striders COOL DOWN & STRETCH	(MODERATE!) WARM UP & STRETCH Women 6+ miles Men 7+ miles COOL DOWN & STRETCH
Week 6	2 MILE WARM UP & STRETCH 8 x 400 with 200 jog 2 MILE COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 10+ miles Men 11+ miles COOL DOWN & STRETCH	(TEMPO) WARM UP & STRETCH Women 6+ miles Men 7+ miles Two Striders COOL DOWN & STRETCH	(EASY) WARM UP & STRETCH Women 6+ miles Men 7+ miles COOL DOWN & STRETCH	(BRISK) WARM UP & STRETCH Women 6+ miles Men 7+ miles Two Striders COOL DOWN & STRETCH	(MODERATE!) WARM UP & STRETCH Women 6+ miles Men 7+ miles COOL DOWN & STRETCH
	SUNDAY, JANUARY 24th First Day of practice. 3:30 PM SHARP @ Maggs	Hard work now pays off later. YOU MUST WORKOUT AS MUCH AS YOU CAN! Come back in good shape.	I believe in all of you, and trust you will honor your responsibility.	Have a strong and determined mind to succeed and you will soar beyond your beliefs.	You may take <u>one day off</u> each week <u>but</u> if you want to run then go for an EASY run for 5-8 miles.	Core Workouts (2 set for 15 seconds): V Sit Superman Planks Side Planks

“PAY THE PRICE!”

Warm up

½ Mile

Dynamic Stretching: 6 Exercises

(20 meters x 1 sets)

- 1) High knee walk with pull
- 2) Walking butt kicks with pull – grab the ankle not foot!
- 3) Front lounge into hamstring stretch
- 4) Side lunge (right and left side)
- 5) High kicks
- 6) Back pedal walk

Static Stretching

(1 sets hold for 30 seconds)

- 1) Standing hamstring and crossing hamstring stretch (right over left / left over right)
- 2) Quad
- 3) Calves
- 4) IT Band

Dynamic Form Running

(20 meters x 1 sets)

- 1) High knees
- 2) Butt kicks
- 3) Ankle overs
- 4) A skips
- 5) Skips with arm circles
- 6) Backwards run

Running Pace

Specifics

Run as much as possible on softer surfaces such as grass or dirt. The following terms will be used to help explain workouts. HIT THESE PACES PER MILE:

<u>Women:</u>	EASY	8:00 - 8:20 minutes per mile pace
	MODERATE	7:40 - 8:00 minutes per mile pace
	BRISK	7:20 - 7:40 minutes per mile pace
	TEMPO	7:00 - 7:20 minutes per mile pace

<u>Men:</u>	EASY	7:00 - 7:20 minutes per mile pace
	MODERATE	6:40 - 7:00 minutes per mile pace
	BRISK	6:20 - 6:40 minutes per mile pace
	TEMPO	6:00 - 6:20 minutes per mile pace

Cool Down

Post static stretching for 10 minutes

Core Strength and/or Push-ups (30-60+)

V Sits

Superman

Plank s

Side Planks

