

# *CCHS 2011 OUTDOOR Track & Field*

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## *TRAITS for SUCCESS:*

1. Loyalty            Commit yourself to your teammates and to the goals of the team
2. Honesty            Communicate openly with your coaches and teammates
3. Caring             Be there to help your teammates and help the team
4. Hard Work        Commit as much energy, emotion, and effort as you can to the team
5. Reciprocity        If your teammates work as hard as they can for the team's success...  
... And your coaches work as hard as they can to help you  
... You should do the same for them!

## *REQUIREMENTS for PARTICIPATION:*

1. Communicate with your coaches  
Keep us informed about illnesses, injuries, absences - everything
2. Check with the nurse's office to make sure your physical is up-to-date  
You must have an updated physical on file to begin the season.
3. Come into the season in shape  
You must be prepared to complete all the workouts when the season begins
4. Check the meet schedule, make sure you don't have conflicts  
You must be able to compete in all the meets for which you're eligible
5. Clear your schedule so you can make practice every day  
Be sure you have no conflicts that prevent you from attending all the practices

# *CCHS 2011 OUTDOOR Track & Field*

## *Team Circuits: Lifting, Core, Plyos*

### **Team Core 1**

Plank :30 sec  
10 Pushups  
Rt. Side Plank :30 sec  
L. Side Plank :30 sec  
10 Diamond Pushups  
Reverse Bridge :30 sec  
Lunges :30  
10 Wide Pushups  
X Donks (20 each leg)  
X Supes (20 each leg)  
OPTIONAL REPEAT

### **Team Core 2**

Plank w/ 10 leg lifts each leg + HOLD 10 count  
10 Pausing Pushups  
Rt. Side Plank w/ 10 leg lifts + HOLD 20 count  
L. Side Plank w/ 10 leg lifts + HOLD 20 count  
12 Diamond Pushups  
Reverse Marching Bridge 15 steps each leg, sloooowly  
Lunges :30  
12 Wide Pushups  
X Donks (20 each leg)  
X Supes (25 each leg)  
REPEAT

### **Plyo Set 1**

Single-leg hops 3 x 30m each leg  
Skips for height 4 x 30m  
Bounds 4 x 30m  
Double-leg hops for distance 4 x 20m  
REPEAT

### **Plyo Set 2**

Single-leg hops 2 x 30m each leg  
Skips for height 2 x 30m  
Bounds 4 x 30m  
Split Jumps 15 each leg  
Clapping Pushups (5-10)  
Frog Jumps (8)

### **Lifting 1 (3x8)**

Chest Press  
Overhead Press  
Squats  
Lunges  
Single Leg Calf Raises  
Pullovers  
Nose Breakers

### **Lifting 2 (3x8)**

Alternating Chest Press  
Front and Side Raises  
Deadlifts  
Wall Squats w/Biceps Curls  
Lunges w/Rear Leg Raise  
1 Arm Rows (Lawn Mowers)  
Triceps Extension  
Step Ups

### **Lifting 3 (3x8)**

Incline Chest Press  
Arnold Press  
Single Leg Squats  
Reverse Lunges  
Hamstring Curls  
Lat Pulldown  
Back Extension  
Triceps Overhead Extension

# CCHS 2011 OUTDOOR Track & Field

## Sprints, Jumps, Hurdles

### Training Plan for People NEW to Track and Field (including all freshmen)

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 0: this week				Just run, baby	EZ run, core work w/ captains	Off	Off
Week 1: 2/21 - 2/27	EZ 10-20 min run	EZ run, core work	Off	EZ run	EZ run, core work	OFF	Off
Week 2: 2/28 - 3/6	EZ 10 min run Lifting 1	Team Core 1 EZ Run	EZ 10 min run Lifting 2	Team Core 1 EZ Run	EZ run / accels Optional lifting 1	Off	Off
Week 3: 3/7 - 3/13	EZ 10 min run Lifting 3	Team Core 1 EZ Run	EZ 10 min run Lifting 1	Team Core 2 EZ strides (8x60)	Drills and Hills Optional lifting 3	Off	Off
Week 4: 3/14 - 3/20	EZ 10 min run Lifting 2 Plyo Set 1	Team Core 2 EZ Run	EZ 10 min run Lifting 3	Team Core 2 EZ strides (8x60)	Drills and Hills Optional lifting 2	Off	Off

### Training Plan for Returners

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 0:				Just run, baby	EZ run, core work	Off	Off
Week 1: 2/21 - 2/27	EZ 20-30 min run	EZ run, core work	Off	EZ run	EZ run, core work	OFF	Off
Week 2: 2/28 - 3/6	EZ 10 min run Lifting 1	Team Core 1 EZ Run	EZ 10 min run Lifting 2	Team Core 1 EZ Run	EZ run / accels Optional lifting 1	Optional EZ run	Off
Week 3: 3/7 - 3/13	EZ 10 min run Lifting 3 Plyo Set 1	Team Core 1 EZ Run	EZ 10 min run Lifting 1 200s / 300s (4?)	Team Core 2 EZ strides (8x60) Plyo Set 2	Drills and Hills Optional lifting 3	Optional EZ run	Optional EZ run
Week 4: 3/14 - 3/20	EZ 10 min run Lifting 2 Plyo Set 1	Team Core 2 EZ Run	EZ 10 min run Lifting 3 200s / 300s (6?)	Team Core 2 EZ strides (8x60) Plyo Set 2	Drills and Hills Optional lifting 2	Optional EZ run	Optional EZ run

### Training Plan for People Who Ran Indoor

Coming off of indoor: Mandatory 1 week off (maybe more if you think you need it.)  
Then 1 week of EZ running and lifting... then we'll talk

# CCHS 2011 OUTDOOR Track & Field

## Distance Team Training

Training Plan for People NEW to Track and Field (including all freshmen)							
	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 0: this week				Just run, baby	Just run, baby	Just run, baby	Just run, baby
Week 1: 2/21 - 2/27	EZ 20-30 min	EZ 20-30 min	Off	EZ 30 min Core	EZ 20-30 min	Off	Off
Week 2: 2/28 - 3/6	EZ 30 min	Team Core 1 EZ Run	Off	Team Core 1 EZ Run	EZ 30 min	Off	Off
Week 3: 3/7 - 3/13	EZ 30 min	Team Core 1 EZ Run	EZ 20 min	Team Core 2 EZ Run	EZ 30 min 4 x 80m stride	Off	Off
Week 4: 3/14 - 3/20	EZ 30 min 4 x 80m stride	Team Core 2 EZ Run	EZ 30 min 4 x 80m stride	Team Core 2 EZ Run	EZ 30 min 4 x 80m stride	Off	Off

Training Plan for Returners							
	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 0: this week				Just run, baby	Just run, baby	Just run, baby	Just run, baby
Week 1: 2/21 - 2/27	EZ 20-30 min	EZ 20-30 min	Off	EZ 20-30 min Circuit	EZ 20-30 min	Off	Off
Week 2: 2/28 - 3/6	EZ 30-40 min	Team Core 1 EZ Run	EZ 30 min	Team Core 1 EZ Run	EZ 30 - 60 min	Optional EZ run	Off
Week 3: 3/7 - 3/13	EZ 30 min 4 x 80m stride	Team Core 1 EZ Run	EZ 40-60 min 4 x 80m stride	Team Core 2 EZ Run	EZ 50 - 70 min 4 x 80m stride	Optional EZ run	Optional EZ run
Week 4: 3/14 - 3/20	Fartlek run: 4 min EZ, 1 min fast; repeat 6 - 8 times	Team Core 2 EZ Run	EZ 40 - 60 min 4 x 80m stride	Team Core 2 EZ Run	EZ 50 - 70 min 4 x 80m stride	Optional EZ run	Optional EZ run

### Training Plan for People Who Ran Indoor

Coming off of indoor: Mandatory 1 week off (maybe more if you think you need it.)  
Then 2 weeks of EZ running, but long-ish - build up some miles... Then we'll talk

# CCHS 2011 OUTDOOR Track & Field

## Throws Training Plan

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 0: this week				Just run, baby	core work w/ captains, wt. room	Off	Off
Week 1: 2/21 - 2/27	Weight Room EZ 10 min run Weight Room 3x8 Dumbbell shoulder	EZ run, core work Team Core 1 Plyo 1	Weight Room ez 10min warmup Wt Room 3x8 Squats / Leg press Single-leg squat Incline Bench Tri's / Bi's	Off Team Core 1 5 x 5 ramps	Weight Room 10 min warmup Weight Room 3x8 Bench Press Lat Pull-Down Lawnmower Row Back Hyp-X Plyo 2	OFF Optional Plyo 3 workout	Off
Week 2: 2/28 - 3/6	Seated Row Upright Row Walking Lunge Back Hyp-X EZ 10 min run Weight Room 3x8 Dumbbell shoulder	Team Core 1 Plyo 1	Squats / Leg press Single-leg squat or Cleans Incline Bench Tri's / Bi's ez 10min warmup Wt Room 3x8	Team Core 2 5 x 5 ramps	Bench Press Lat Pull-Down Lawnmower Row Back Hyp-X Plyo 2 10 min warmup Weight Room 3x8	Optional Plyo 3 workout	Off
Week 3: 3/7 - 3/13	Seated Row Upright Row Walking Lunge Back Hyp-X EZ 10 min run Weight Room 3x6 Dumbbell shoulder	Team Core 1 Plyo 1	Squats / Leg press Single-leg squat or Cleans Incline Bench Tri's / Bi's ez 10min warmup Wt Room 3x6	Team Core 2 5 x 5 ramps	Bench Press Lat Pull-Down Lawnmower Row Back Hyp-X Plyo 2 10 min warmup Weight Room 3x8	Optional Plyo 3 workout	Off
Week 4: 3/14 - 3/20	Seated Row Upright Row Walking Lunge Back Hyp-X	Team Core 2 Plyo 1	Squats / Leg press Single-leg squat or Cleans Incline Bench Tri's / Bi's	Team Core 2 5 x 5 ramps	Bench Press Lat Pull-Down Lawnmower Row Back Hyp-X Plyo 2	Optional Plyo 3 workout	Off

### Training Plan for People Who Ran Indoor

Coming off of indoor: Mandatory 1 week off (maybe more if you think you need it.)

#### Plyo circuit 1

Toe skips 2 x 30m  
Skips for height 2 x 30m  
Single-leg hops 3 x 20m each leg  
Bkwd single leg 3 x 10m  
Big hop, little hop 4 x 30m  
REPEAT

#### Plyo circuit 2

Split jumps w/ med overhead (15)  
Chops (10)  
Quick overhead throw / catch (10)  
Quick chest throw / catch (10)  
Chest throw for height (5)  
REPEAT

#### Plyo circuit 3

Toe skips 2 x 30m  
Skips for height 2 x 30m  
Double-leg bleacher / hill prisoner hops (3 x 10)  
Frog jumps (5)  
Clapping Pushups (5-10)  
Uphill bear runs (3 x 20m)