

Track & Field Workout

It is recommended that athletes supplement our weekly practices with additional training on their own or with a club. An additional two workouts per week would suffice (preferably with a rest day in between to allow for adequate recovery)

Warm-up

Athletes are encouraged to perform the same warm-up that we do in practice (can be done on the spot if working out at home):

- A, B, and C's
- Lateral skipping with arm swings
- Jumping jacks
- Progressive accelerations (can do acceleration runs on the spot if space is limited)

Core, Strength & Power exercises

*15 reps

*2- 3 sets of each

1. Push-ups (variations: standard, on 1 foot, touch opposite shoulder in between)
2. Body weight squats (knees to 90degrees and behind toes, keep weight on heels)
3. Plank (keep body straight) (variations: standard, on 1 foot)
4. Lunges (variations: standard, jumping, change of direction)
5. Plank knee drives with torso twist
6. Jumping squats
7. Alternating side planks

Cool-down

- Go through the static stretching routine we do in practice (also on website)
- Minimum 10 seconds per muscle group (ideally 20-30+ seconds)

For sprinters

- Progressive interval training with sprints similar to what we do in practice
 - After a proper warm-up, do some acceleration sprints (70%, 80, 90), then:
 - Sprint a portion of the track, or one side of a field, then jog or walk the next, then run, then jog/walk, etc. AND/OR
 - For trails or road runs, sprint for 30-60 seconds, then walk for 30-60, alternating between the two; repeat several times until fatigued.
 - Finish with a proper cool-down & stretch.
- Hill and stairs run are also great for cardio & stamina, using the same principle of intervals (i.e., run up a hill or flight of stairs, then walk down, run up, walk down, etc.

For distance runners

- Progressive interval training similar to what we do in practice, but longer distances, slowly increasing the distance and time you run for.
- Hill and stairs run are also great for cardio & stamina, using the same principle of intervals (i.e., run up a hill or flight of stairs, then walk down, run up, walk down, etc.

Other events

- Consult your coach for details