

High School Track Season-January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LT- 15min		Hill Sprints- 8x10sec		Circuit 1 (see below)		3 10
LT-20min, split		6x60m sprints			Long run+ 6x30sec speed variations at end	17
LT-25min, split		6xHS, 2x20sec hills		Circuit 2		24
LT-20min, 3min rest, 6min at 10kish		4x100m, 2x150m sprints			7.5-10miler will-54:30	31

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit 3	Tony knee sore from circuit Ryan-sick hasn't worked out	5mi hill loop- alternating- 2:30 at 10k/2:30 steady mid 27s		3x100,2x200 m sprints		7
3 sets of (60sec, 75sec. 90 w/ 40sec rest) 4min rest b/t sets, 5k pace 2k, 600, 1600, 4, 8, 200 (pace-10k,32, 5k, 1mi, 800) w/ 3min rest Will-windy, hit all paces right on though 3 sets of (600,500,400) at 3k pace		2x150, 300, 200 sprints	Alternation- 600/600 (5x) 5k pace/steady (sore, but to be expected after sprint work)		Ryan has Mono.... Magnolia	14 21
		10x200 at 3200 down to 1mi pace w/		Breathing off for will.	Woodlands Will -3200m win,	28

w/ 45sec b/t,
4min b/t sets
Will-hit
paces-69's

200 jog

Tony-9:44

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alternation: 400/1200 (x3), 3min rest 600/1000 (x2) 3k pace/steady (felt good, hard to break rhythm) RYAN-5x100 (18-20sec) w/ 50m jog, 400m jog, 2x200m w/ 100m jog (36-38pace), lap jog, 4x150m (17-19sec) w/ 50m jog, lap jog, 2x200m w/ 100m jog (35-37sec) W/T-1600, 2x400, 800, 2x300, 600 (5k, 1mi, 3k, 800, 3k) w/		2 sets of 600, Breathing 300, 500, 200 (1mi, 800, 1mi, 800) w/ 2min rest, 4min b/t sets -Will-dizzy towards end, felt okay- hit all the times-44/29 for 300/200s. 600/500s came through 64 RYAN- Aerobic fartlek (15min total spent at threshold, split into short 3-5min segments) Will/Tony- 800 flat, 400m uphill, 600m flat/down,	better this week for will	Tomball DMR-1200 (3:10-11ish- will) RYAN-neuro muscular work-hill sprints or some 100's Bryan meet (4:24-ryan)		7 14

3min rest

RYAN-400m
in 68,100m
jog, 3x150m
at threshold
w/ 50m jog,
400m at 68,
200m jog,
600m at
threshold,
1min rest,
400m at 68,
100m jog,
3x200m w/
100m jog,
400m in 68

400m up,
800m flat
2min rest, 5k
effort, 1500m
effort on
short (good
workout,)

RYAN-Aerob
ic Fartlek
starting at
threshold
working
down to 10k
pace (20min
total of hard
work)
W/Tony= run
and
strides-big
down week
800,400,800,
w/ 45sec rest
at 3200, slow
lap jog,600m
at 3200,
3x150 w/
50m jog,
150s at
threshold,
600m at 3200
down to mi
pace

9x200m w/
200m jog (ry,
will, scott)
33's down,
last one in
28.0 (going
14.9, 13.1)

5min easy,
5min steady
(mid 5's), 5
easy, 5
steady, 5
easy, 5min of
10sec hard,
50sec easy

Kingwood 21
True Team
(will tony
down week)
(9:12-ry, will
looked bad,
flat)

Klein Relays 28
(4:16,4:19wil
l, 9:38tony_

April

	(3k/1mi), 4-5min (2:48, 63, 2:50, 63) Tony- 2 sets of 200,400, 200- , 800m pace, 2min rest, 5min b/t sets		pace), 300,200s-mi Tony-	
Regionals (9:01-1 st , 9:15 PR-5th	Regionals (4:13-1 st , 4:30+...tired)		3x800m w/4min rest first 600m at 3200m pace, last 200m at mile (2:09,2:09,2: 11)	9
	600,300 at 3200 pace, 4x200m at mile pace w/ 200 jog b/t everything		State State Champ-3200 (9:00, splits 4:42, 4:18, 2:04 last half (60 last lap) 5 th -1600m-4:17 - looked tired Congress Ave	16 23
	5min LT, 3min 10k, 75, 60, 45, 30sec 5k down to mile, 90sec-2min b/t everything			
12min LT, 5min 10k, 3min 5k pace, 1min hard w/ 3min rest	Hill Sprints 6-8xHS (felt really good- felt fast)		800, 600, 700, 500,w/ 3min rest, then 5min rest 300,30sec, 200 (3k, 1mi, 3k,	30 day off

1mi,
 1mi/800)
 (2:13, 1:34,
 66-67pace,
 77, 300-44,
 200m-29sec)

<u>June</u>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
800m at 2:05, 5min rest, 1000m (first 600 at 66 pace, last 400m gradual kick in) (2:04.0, 1:39, 63.8 for 1k) good, very humid,			1000(2:12-31 last 200m pickup), 800 (2:10-last 300m pickup), 600 (32, 61 last 400m pickup) w/ 4min rest			6
2x200, 800, 300, 200 (2mi, 2mi, 1mi, 1mi) w/ 200m jog					2 Mile Midwest distance Gala (8:58	13

Circuit 1:
 (paces for top guys, adjust accordingly)
 400m- 90
 10x full squats
 200-45
 10xpush ups
 200-45
 10xlunges
 200-40
 10xsquat jumps
 100-15

(do 3 times with 5minutes between)

Circuit 2:
 400m- 85

10x full squats

200-40

10x push ups

200-40

10x single leg squats

200-40

10x squat jumps

200-35

10x bound

100-fast

(3x with 5 minutes rest)

Circuit 3:

200m-35

8x full squats

200-40

8x skipping

200-35

8x lunges

200-40

8x squat jumps

200-35

8x bound

100-fast

3x with 5 minutes rest