

Highland Park Track & Field 2023

Mid/Distance Practice Plans



Questions or can't make practice, contact your coaches:

Coach Chad, chadaustin@charter.net, 612-669-7635

Coach Craig, craig.huhtala@gmail.com, 630-414-6378

Coaches' Key

DP=Date Pace (current race pace), GP=Goal Pace, GC=Golf Course (SGC=Small GC, LGC=Large GC, 2GC=both GC), RR=Recovery Run, WU=Warmup, WD=Warm Down, BW=Body Weight, XT=cross train, MS=Middle School, HS=High School. You might see notation like this: Sets x [Reps x Distance (Pace)/Rest between reps]/Rest between sets

Please email or text coaches anytime with questions or to just say hi!!

Week 13: June 5 - 11	WORKOUT TAPER: Cut mileage 10-20%	ANNOUNCEMENTS/NOTES
Mon, 6/5	ALL: RR: 2-4 miles + 4-6 x :20 strides	
Tue, 6/6	ALL: 2 x 400 @ 800 GP + 2 X 200 @ 800 GP / 3:00 rest between reps	
Wed, 6/7	ALL: RR: 2-4 miles + 3-4 x :20 strides [Gavin can run pacing 200s]	MENTAL SKILLS: Put it all together - review your Confidence Journal or Strava, Visualize your race, work on your Mantras, practice progressive relaxation.
Th, 6/8	ALL: RR: 2-3 miles + 2-3 pacing 150s or 200s	Through all your hard work you have earned the right to say "I can do difficult things."
Fri, 6/9	STATE MEET: Day 1: Prelims and 3200 final	Be grateful for this opportunity - execute to the best of your abilities - and compete.
Sat, 6/10	STATE MEET: Day 2: Finals	Relay alternates, be prepared to race.

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Sun, 6/11	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	
Week 12: May 29 - June 4	WORKOUT TAPER: Cut mileage 10-20%	ANNOUNCEMENTS/NOTES
Mon, 5/29	No official practice for distance runners. Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	
Tue, 5/30	<u>WED RACERS:</u> RR: 3-5 miles + 3-4 x :20 strides [3200m runners can run pacing 200s] <u>WORKOUT: FRI-ONLY RACERS:</u> 2 x 400 @ 800 GP + 2 X 200 @ 800 GP / 3:00 rest between reps and 5:00 rest after 400s.	MENTAL SKILLS: Put it all together - review your Confidence Journal or Strava, Visualize your race, work on your Mantras, practice progressive relaxation.
Wed, 5/31	<u>SECTIONS MEET:</u> Day 1: Prelims and 3200 final	Through all your hard work you have earned the right to say "I can do difficult things." Be grateful for this opportunity - execute to the best of your abilities - and compete.
Th, 6/1	<u>ALL:</u> RR: 3-5 miles + 2-3 pacing 150s or 200s Practice Handoffs	
Fri, 6/2	<u>SECTIONS MEET:</u> Day 2: Finals	Relay alternates, be prepared to race.

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Sat, 6/3	LONG RUN: 4-7 miles	
Sun, 6/4	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 11: May 22 - 28	WORKOUT - Plan on cutting mileage 15-20% this week Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 5/22	<p>TUESDAY RACERS: 3-5 miles + strides or 3-4 pacing 200 or 150s (if racing tomorrow)</p> <p>THURSDAY-ONLY RACERS: 2 x (2 x 300 @ 800 GP + 1-2 X 150 @ 400 GP) / 3:00 rest between reps and 5:00 rest after set 1. NOTE: 150s s/be fast during set 2.</p> <p>Wt. Room - Functional II (girls) / Functional I (boys) - Limit each exercise to 2 sets</p>	<p>MENTAL SKILLS: ☰ MAKING THE CASE FOR YOUR...</p> <p>Athletes not racing tomorrow (Mason, Jack, Diego, Tim, Sam, Ingrid, Alice, Madeleine, Eleanor, Zoe, Ruby and Evie, plus, any JV athletes) will be working out today.</p>
Tue, 5/23	<p>CONFERENCE MEET: Day 1: Prelims and 3200 final</p> <p>RACE + WORKOUT Athletes racing that can do a short TH + Hill workout after your event (Lance, Davis, Charlie, Toby, Delia).</p>	<p>RACE + WORKOUT: 4 x 1:00 @ TH + 4 x :30 Hills @ 800 GP</p>
Wed, 5/24	<p>ALL: RR: 3-5 miles + strides or 3-4 pacing 200 or 150s (if racing tomorrow)</p> <p>Planks and Hips</p>	

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Th, 5/25	<u>CONFERENCE MEET:</u> Day 2: Finals <u>WORKOUT FOR THOSE NOT RACING TODAY (includes JV athletes):</u> 2 x (2 x 300 @ 800 GP + 1-2 X 150 @ 400 GP) / 3:00 rest between reps and 5:00 rest after 150s. NOTE: 150s s/be fast during set 2.	
Fri, 5/26	<u>ALL: RR:</u> 3-5 miles Wt. Room - Strength IV (girls) / Strength V (boys) - Limit each exercise to 2 sets	
Sat, 5/27	<u>LONG RUN:</u> 5-8 miles	Brunch Run @ Mason's 1281 Bayard Ave @ 8:30
Sun, 5/28	<u>WEDNESDAY RACERS:</u> 2 x 400 @ 800 GP + 2 X 200 @ 800 GP / 3:00 rest between reps and 5:00 rest after 400s. <u>NON-RACERS: RR:</u> 3-5 miles + 4-6 x :20 strides [NOTE: you can take today off and push this to Monday if that works better for your holiday weekend].	Here's a list of the athletes we'd like to do this workout; Grace, Chloe, Alice, Ben, Gavin, Tim, Jack, Evie, Delia, Maddie, Eleanor

Week 10: May 15 - 21	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 5/15	<u>Varsity:</u> 3-6 miles w/ 6-8 x :20 strides GIRLS: Varsity distance girls will be going to Horace Mann to run alongside the Girls on the Run participants in their practice 5k. <u>JV: 400s and 200s</u> 2 x 400 @ 800 GP + 2 X 200 @ 800 GP / 3:00 rest between reps	MENTAL SKILLS: STATE OF MIND Varsity Girls - Support Horace Mann Girls on the Run as they do their practice 5K. Run starts at 3:30. Wear an HP jersey.

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	JV Wt. Room - Strength V (girls) / Strength IV (boys)	
Tue, 5/16	<p><u>VARSIITY:</u> 400s and 200s 2 x (4x400) @ 1600 GP + 1 x (2-4x200) @ 800 GP / 1:30 rest between reps, 3:00 rest between sets</p> <p>Varsity Wt. Room - Strength V (girls) / Strength IV (boys)</p> <p><u>JV:</u> RR: 2-4 miles + 4-6 x :20 strides</p>	
Wed, 5/17	<p><u>JV:</u> 2-3 miles, include 3-4 pacing 200 or 150s</p> <p><u>VARSIITY:</u> RR: 4-6 miles + 4-6 x :10 hill sprints</p>	
Th, 5/18	<p><u>JV:</u> CONFERENCE CHAMPIONSHIP @ HARDING 2:00 (field events) 2:30 (running events) Bus leaves at 12:30, dismissed from class at 12:15. <u>HEAT SHEETS</u></p> <p><u>VARSIITY:</u> SPEED DEVELOPMENT - be sure to do a thorough warm-up (drills and activators) before doing 3-4 x 150 in & outs + 2-3 Flying 30s. Followed by 3-7 miles.</p> <p>Wt. Room - Functional I (girls) / Functional II (boys)</p>	
Fri, 5/19	<p><u>VARSIITY:</u> 3-5 miles, include 3-4 pacing 200 or 150sj</p>	MENTAL SKILLS: CHECK-IN

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Sat, 5/20	<u>VARSITY:</u> "The Michigan"	<u>BRUNCH RUN</u> Ben + Elizabeth Martin 1832 Munster Ave
Sun, 5/21	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 9: May 8 - 14	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 5/8	<u>VARSITY:</u> 3-6 miles w/ 3-4 pacing 150s or 200s <u>JV:</u> 3 x 800 @ 3200m race pace + 3 x 200 @ 800m race pace <u>NOTE:</u> If you're NOT racing tomorrow. Plan on doing this workout. Pillars and Hips	<u>MENTAL SKILLS:</u> YOUR ZONE Exercise to help you discover what fills your tank vs. what drains you.
Tue, 5/9	<u>VARSITY:</u> Section 6AAA True Team Meet @ Mounds View @ 4 PM. Bus leaves at 2:10, dismissed from class at 1:50. <u>JV:</u> 3-4 miles w/ 4-6 x :10 hill sprints	True team scoring: each athlete scores! This meet is a measure of our depth as a team.
Wed, 5/10	<u>ALL:</u> 3-6 miles Wt. Room - Functional II (girls) / Functional I (boys)	<u>MENTAL SKILLS:</u> SOCIAL CIRCLE This exercise is about your support system. Who influences you, supports you, and is there for you in the different aspects of your life?
Th, 5/11	<u>WORKOUT DAY OPTIONS:</u> <u>Option #1</u> 10-16 x 200m repeats w/ diagonal jog rest (boys :32 → 29; girls :40 → :38)	Coaches will put together a list of athletes for each option prior to Thursday.

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	<p>Option #2 2-3 Cutdown Ks w/ 3:00 rest (400m @ 2M, 400M @ 1M, 200M Fast)</p> <p>Option #3 JV: 3-4 x 300m + 2-4 x 150m (300s @800m, 150s s/be all-out. Full rest between reps)</p> <p>EDITED: this was a really hard day. Perhaps scale back the # of 200s and change the Ks to 5K/2M/fast cutdowns. NOTE: Ellie did the sprint workout today.</p> <p>Wt. Room - Strength IV (girls) / Strength V (boys)</p>	
Fri, 5/12	ALL: 3-5 miles - Varsity, include 3-4 pacing 150 or 200s	
Sat, 5/13	VARSITY: Simley Invite @ Simley HS @ 10 AM. Bus leaves @ 8:40. JV and VARSITY non-racers: LONG RUN: 5-10 miles	
Sun, 5/14	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 8: May 1 - 7	WORKOUT Reduce Weekly Mileage by roughly 20%	ANNOUNCEMENTS/NOTES
Mon, 5/1 55 degrees WINDY	Wednesday Racers: Structured Fartlek Ladder 1:00/2:00/3:00/2:00/1:00/2:00*/3:00* (*OPTIONAL) w/ 1:00 jog after each pickup. 1:00 at 5K pace 2:00 at 5K pace + :15 3:00 at 5K pace + :30	CUTBACK WEEK: Please check out the bottom of the mid-distance page for an explanation of the cutback week. Then know how and where you're going to reduce your mileage this week.

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	<u>Thursday Racers:</u> WORKOUT - Hidden Falls Hills - 6-8 reps Wt. Room - Strength V (girls) / Strength IV (boys)	MENTAL SKILLS: ☰ SWOT ANALYSIS
Tue, 5/2 59 degrees	<u>ALL:</u> RR: 2-4 miles <u>Wednesday Racers:</u> Include pacing 150s or 200s Pillars and Banded Hips	
Wed, 5/3 65 degrees 😄	<u>Conference True Team MEET:</u> At St. Paul Central 3:30 - 8:00 PM Bus leaves at 2:15 PM. Dismissed from class at 2:00. <u>Thursday Racers:</u> RR: 2-4 miles + pacing 150s or 200s	True team scoring: each athlete scores! 1st place: 21 points, 2nd place: 20 points, etc. etc. Every place matters. This meet is a measure of our depth as a team. All of our conference opponents will be there.
Th, 5/4 71 degrees 😄	<u>HOME MEET:</u> JV vs. Minneapolis Southwest & Minneapolis Washburn <u>Non-racers:</u> 3-6 miles + 4-6 x :20 strides Wt. Room - Functional I (girls) / Functional II (boys)	MENTAL SKILLS: ☰ ENCLOTHED COGNITION
Fri, 5/5 66 degrees 🍷	<u>NO FORMAL PRACTICE.</u> Recovery run on your own if you aren't going to prom.	
Sat, 5/6	<u>BRUNCH RUN:</u> 6-10 miles Brunch run at Quinn's	MENTAL SKILLS: ☰ MINDFUL RUNNING

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	1665 Bohland Ave.	
Sun, 5/7	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 7: Apr 24 - 30	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 4/24 3:30 practice 50 degrees	DISTANCE: VARSITY & JV: CV 1Ks - Victoria Park or Grass Fields near HPHS 3-5 x 1000m @ CV w/ 200m jog 4 x :30 Edgumbe Hills @ 3200m -- > 1600m EFFORT MID-D: 400m repeats; JV: 2 x (4x400) @ 1600m w/ 1:30 active rest between reps & 3:00 between sets Varsity: 3 x (4x400) w/ 1:15 active rest between reps & 3:00 between sets All: 2-3 x 150m @ 800m EFFORT w/ 250m walk/jog Delia & Ellie: RR: 3-5 miles w/ 6-8 x 20 second strides Wt. Room - Strength IV (girls) / Strength V (boys)	MENTAL SKILLS: ☰ POSITIVE SELF-TALK
Tue, 4/25 3:30 practice 52 degrees	VARSAITY: RR: 3-5 miles + 4-6 x :10 hill sprints JV: ☰ SPEED DEVELOPMENT - be sure to do a thorough warm-up (drills and activators) before doing 3-4 x 150 in & outs and 3-4 Flying 30s . Plus, 3-5 mile RR. Delia & Ellie: 400m repeats; 3 x (4x400) w/ 1:15 rest between reps & 3:00 between sets + 2-3 x 150m @ 800m EFFORT w/ 250m walk/jog	

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	Planks and Hips	
Wed, 4/26 55 degrees	<p><u>VARSIITY</u>: Progression run + 200s 5-8 miles w/ 2nd half of run progressively faster + 4 x 200 at 1600 GOAL PACE</p> <p><u>JV</u>: RR: 3-5 miles with 3-4 pacing 150s or 200s</p> <p><u>Delia & Ellie</u>: SPEED DEVELOPMENT - be sure to do a thorough warm-up (drills and activators) before doing 3-4 x 150 in & outs and 3-4 Flying 30s. Plus, 3-5 mile RR.</p> <p>Wt. Room - Functional II (girls) / Functional I (boys)</p>	<p>Progression Run: Gradually speed up from Tempo to Threshold to CV to 5K pace during the 2nd half of the run.</p> <p>MENTAL SKILLS: BREATH RESET</p>
Th, 4/27 54 degrees 44% chance of rain	<p><u>JV</u>: Tom Moore Invite (Woodbury)</p> <p><u>VARSIITY</u>: SPEED DEVELOPMENT - be sure to do a thorough warm-up (drills and activators) before doing 3-4 x 150 in & outs and 3-4 Flying 30s. Plus, 3-5 mile RR.</p> <p><u>Delia & Ellie</u>: RR: 2-4 miles w/ 3-4 pacing 200s</p>	<p>Woodbury - <u>bus leaves at 2:00</u>.</p> <p>Implement the mental skills you've been practicing all season.</p>
Fri, 4/28 47 degrees 50% chance of rain	<p><u>VARSIITY & JV</u>: RR: 3-5 miles (varsity include 3-4 pacing 150s or 200s)</p> <p><u>Delia & Ellie</u>: Hamline Elite Meet</p>	
Sat, 4/29 45 degrees,	<p><u>VARSIITY MEET</u>: Lakeville Mega Meet (V) - meet info</p>	<p>Lakeville North HS. <u>Bus leaves at 8 AM</u>.</p> <p>Implement the mental skills you've been</p>

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40% chance of rain		practicing all season.
Sun, 4/30	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	MENTAL SKILLS: CHECK-IN Cutback week ahead!!!

Week 6: Apr 17 - 23	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 4/17 It's still April! 47 degrees	ALL: RR: 3-6 miles Include 3-4 pacing 200s Wt. Room - Functional I (girls) / Functional II (boys)	MENTAL SKILLS: SUPERHERO POWER POSE Competing this week and still don't have a uniform?? Talk to Coach Klatt.
Tue, 4/18 54 degrees!!!	ALL: St. Thomas Invite (Breck, St. Thomas Academy, Wayzata girls) Bus leaves at 2:20. Excused from class at 2:00. Post race workout/cooldown: 4 x 400 @ TH w/ 400 jog (talk to coaches)	meet info ; Let's take advantage of the nice weather, work on our mental skills, focus on the process, and the results will take care of themselves.
Wed, 4/19 It's still April! 50 degrees & 92% chance of rain	ALL: RR: 3-6 miles, including 4-6 x :10 hill sprints Pillars and Banded Hips	PICTURE DAY TODAY. WEAR YOUR UNIFORM & MEET IN THE GYM. MENTAL SKILLS: THE "I LOVE ME" LIST
Th, 4/20	Short Hills; 4-6 miles including 10-12 hills (45-60 seconds) Option #1: Marina Hill	JV runners focus on running your reps faster and then take a longer rest in

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It's still April! 43 degrees & 70% chance of rain	Option #2: Montreal Hill Wt. Room - Strength V (girls) / Strength IV (boys)	between reps (walk halfway down and then jog halfway).
Fri, 4/21 It's still April! 43 degrees & 20% chance of rain	RR: 2-7 miles + 4-6 x :20 strides Planks and Hips	No formal practice. If possible, meet at the Monument (corner of Summit and River Road) at 9 AM for a group run.
Sat, 4/22	ALL: Long run, 6-10 miles	Brunch Run at Tim's! 1192 Dayton Avenue
Sun, 4/23	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 5: Apr 10 - 16	WORKOUT Weekly Mileage: 22-42	ANNOUNCEMENTS/NOTES
Mon, 4/10	ALL: Speed Development; be sure to do a thorough warm-up (drills and activators) before doing the wicket drills on the track. Check out the wiki page for cues to focus on during the wicket drill. RR: 3-6 miles Planks and Hips	Team Store is open again!! Order here. It closes TONIGHT. (The original order is also here. We'll hand stuff out at practice.) MENTAL SKILLS: RACE PLAN DEVELOPMENT Uniform handout for those who are competing on Thursday.
Tue, 4/11	ALL: CV - Victoria Park (varsity) and Track (JV) 4-6 x 800m @ CV w/ 200m jog 4 x :30 Edgumbe Hills @ 3200m - - > 1600m EFFORT	Work on Mental Skills during CV workout; repeat your mantra or cue word for relaxation. Visualize a different aspect of

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	Wt. Room - Strength IV (girls) / Strength V (boys)	Thursday's event during each rep. Uniform handout for those who are competing on Thursday.
Wed, 4/12	ALL: RR: 3-6 miles w/ 3-4 pacing 150s (400 and 800 runners) OR 200s (1600 and 3200 runners) Pillars and Banded Hips	
Th, 4/13	ALL: St. Paul Quad vs. Central, Como & Humboldt Post race workout/cooldown: 3-4 x 400 @ TH w/ 400 jog	Implement the mental skills you practiced on Tuesday and execute your race plan.
Fri, 4/14	ALL: SPEED DEVELOPMENT - be sure to do a thorough warm-up (drills and activators) before doing 3-4 x 150 in & outs and 3-4 Flying 30s . RR: 3-6 miles Wt. Room - Functional II (girls) / Functional I (boys)	MENTAL SKILLS: RACE EVALUATION
Sat, 4/15	ALL: Long run, 5-11 miles	Brunch run at Chloe's.
Sun, 4/16	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 4: Apr 3 - 9	WORKOUT Reduce Weekly Mileage by roughly 20%	ANNOUNCEMENTS/NOTES
Mon, 4/3 3:30 practice	In person: Speed Development - be sure to do a thorough warm-up (drills and activators) before doing the wicket drills on the track. Check out	CUTBACK WEEK: Please check out the mid-distance site for an explanation of the

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43 degrees	<p>the wiki page for cues to focus on during the wicket drill.</p> <p>RR: 2-5 miles</p> <p>Planks + Banded Hips</p> <p><u>Spring Breakers:</u> RR: 2-5 miles + 4-6 x :20 strides</p>	<p>cutback week. Then figure out how and where you're going to reduce your mileage this week.</p> <p>MENTAL SKILLS: CORE VALUES</p>
<p>Tue, 4/4 3:30 practice</p> <p>37 degrees 85% rain</p>	<p><u>Everyone else:</u> Stamina - CV 3-5 x 800 @ CV pace w/ 200 jog 4-6 x 200 @ 1600 pace w/ 200 jog</p> <p>Wt. Room - Strength V (girls) / Strength IV (boys)</p>	<p>Team Store is open again! Order here.</p>
<p>Wed, 4/5</p> <p>37 degrees 50% rain</p>	<p>NO FORMAL PRACTICE TODAY.</p> <p><u>ALL:</u> RR: 0-5 miles</p> <p>Pillars + Hips</p>	<p>NOTE: if you want to reduce your mileage by taking an extra day off - today is a great day to do that. Be sure to keep the pace very easy today.</p> <p>MENTAL SKILLS: CREATING A VISION</p>
<p>Th, 4/6</p> <p>33 degrees</p>	<p><u>In person:</u> 400m repeats; 2-3 x (3x400) w/ 1:15 rest between reps & 3:00 between sets + 2-3 x 150m @ 800m EFFORT w/ 250m walk/jog</p> <p><u>Spring Breakers:</u> Stamina Fartlek; 3-5 miles including 4-9 x 1:00 on/1:00 off @ THRESHOLD + 2-3 x 150m @ 800m EFFORT w/ 250m walk/jog</p> <p>Wt. Room - Coach Jacob's surprise circuit</p>	

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Fri, 4/7 46 degrees	<u>In person: Speed Development</u> - be sure to do a thorough warm-up (drills and activators) before doing 4-5 x 150 in & outs . Here's a link for a explanation of 150 in & outs and the SPEED DEVELOPMENT plan we're going to follow for the season. RR: 2-4 miles <u>Spring Breakers:</u> RR: 2-5 miles + 6 x :10 hill sprints (or strides if you can't find a hill)	
Sat, 4/8	<u>ALL:</u> Long run, 4-10 miles	
Sun, 4/9	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 3: Mar 27 - Apr 2	WORKOUT Weekly Mileage: 20-38 (NOTE: <u>next week</u> we will cut our mileage back)	ANNOUNCEMENTS/NOTES
Mon, 3/27 41 degrees	ALL: RR: 3-6 miles - then head to the track for wickets. Speed Development; be sure to do a thorough warm-up (drills and activators) before doing the wicket drills on the track. Check out the wiki page for cues to focus on during the wicket drill. Planks and Hips	Have you filled out the emergency contact form yet? DO SO. (Down to 18 burpees...) MENTAL SKILLS: PROGRESSIVE RELAXATION WIT...

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Tue, 3/28 35 degrees	ALL: Stamina - Tempo - 4-7 miles total 20 minute TEMPO run + 4-6 x :20 strides Wt. Room - Strength IV (girls) / Strength V (boys)	Check the Distance tab of 2023 Mid/Dist Practice Groups to make sure you're in the correct group and know your TEMPO pace; Pace Chart .
Wed, 3/29 27 degrees	ALL: Speed Development - be sure to do a thorough warm-up (drills and activators) before doing 3-4 x 150 in & outs . Here's a link for a explanation of 150 in & outs and the SPEED DEVELOPMENT plan we're going to follow RR: 0-5 miles Instructor-led Progressive Relaxation in the wrestling room at 5:00 & 5:15 Pillars and Banded Hips	Be sure to keep the RR pace very easy today. MENTAL SKILLS: VISUALIZATION & IMAGERY UNIFORM HANDOUT in the weight room for those competing on Friday
Th, 3/30 39 degrees 60% rain	GRIAK RUNNERS: RR; 2-5 miles + 4 x 150m @ 800m EFFORT w/ 250m walk/jog If you're running 1600 tomorrow, replace the 150s with 3-4 x 200m @ 1600m pace. Relay runners practice handoffs NON-GRIAK: Short Hills; 4-6 miles including 10-12 hills (45-60 seconds) Option #1: Marina Hill Option #2: Montreal Hill Wt. Room - Functional I (girls) / Functional II (boys)	SPIKES: Spike up for the 150s or 200s, so we continue getting used to them.
Fri, 3/31	Griak Indoor Meet: Limited to 400, 800, 1600 (3 runners), 4x400 and 4x800	Bus leaves from the flag pole at 2:20pm.

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36 degrees 90% rain	Everyone else: RR; 2-4 miles + 4 x 150m @ 800m EFFORT w/ 250m walk/jog	Dismissed from class at 2:00pm. Training through this meet. Plan on a longer warm-up and/or cool-down to help build your aerobic engine.
Sat, 4/1	ALL: Long run, 4-10 miles	SPRING BREAK!!!
Sun, 4/2	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	MENTAL SKILLS: CHECK-IN

Week 2: Mar 20-26	WORKOUT Weekly Mileage: 18-35	ANNOUNCEMENTS/NOTES
Mon, 3/20 38 degrees	RR: 2-5 miles + 3-4 x 150m @ 800m EFFORT w/ 250m walk/jog Planks and Hips	Today would be a good day for our multi-event athletes (hurdlers, jumpers, throwers) to work on those events after their 150s. MENTAL SKILLS: SMART GOALS
Tue, 3/21 39 degrees	ALL: Stamina - Tempo: 4-8 miles total <u>Option #1</u> Cruise Intervals; 2-3 x 1.5 miles at TEMPO pace w/ 1:00 jog. <u>Option #2</u> Cruise Intervals; 3-5 x 0.75 mile mile at TEMPO pace w/ 1:00 jog. ALL: 5 x :20 strides controlled Wt. Room - Functional II (girls) / Functional I (boys)	Tempo: Increase workload slightly from last week. Keep the rest period around 1 minute. Know your group and pace before leaving the cafeteria. 2023 Mid/Dist Practice Groups <u>ROUTE OPTIONS:</u>

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		Varsity: Victoria Park OR Shepard Road JV: Shepard / Davern Intersection OR St. Dennis loop (if it's clear of snow)
Wed, 3/22 37 degrees	GIRLS: Water Polo and games in the pool. BOYS - RR: Easy 3-6 mile run including 4 x :10 hill sprints. Look for the steepest hill you can find. Full recovery in between reps. Beginning runners may need day off or XT Pillars and Banded Hips	Be sure to keep the pace very easy today. MENTAL SKILLS: MANTRAS VARSITY GIRLS: Optional 20-30 minute shakeout run in the morning.
Th, 3/23 37 degrees 30% chance of rain	Distance: Stamina Threshold Ladder; 4-6 miles including; 1:00/2:00/3:00/4:00*/3:00/2:00/1:00 "on" with 1:00 "off" in between + 4 x :30 hills @ 1600m EFFORT Mid-D: "Ormies" on the road + HANDOFF Practice; <u>Option #1:</u> 2-3 x (4xOrme) w/ 1:15 rest between reps and 3:00 between sets <u>Option #2:</u> 8-10 x Partner Ormies Wt. Room - Strength V (girls) / Strength IV (boys)	"on" = Threshold pace, "off" = moderate jog *NOTE: 4:00 "on" is optional Know your group and which workout you are doing before leaving the cafeteria. 2023 Mid/Dist Practice Groups
Fri, 3/24 41 degrees	BOYS: Water Polo and games in the pool. GIRLS - RR: 2-4 miles + 4 x 150m @ 800m EFFORT w/ 250m walk/jog If you're running 1600 tomorrow, replace the 4 x 150m by 3-4 x 200m @ 1600m pace.	VARSITY BOYS: Optional 20-30 minute shakeout run in the morning. Plan your weekly mileage. Know where you're at and how much you can increase each week.
Sat, 3/25	Gopher Indoor Time Trial; Limited to 400, 800, 1600 (V & JV), 4 x 400 and 4	Training through this meet. Plan on a

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	x 800 Everyone else: Long run, 4-8 miles	longer warm-up and/or cool-down to help build your aerobic engine.
Sun, 3/26	Rest day or 30 min light aerobic XT (swim, bike, ski/rollerski, hike)	

Week 1: Mar 13-19	WORKOUT Weekly Mileage: 16-32	ANNOUNCEMENTS/NOTES
Mon, 3/13 28 degrees	ALL: Steady 3-6 mile run including 4 x :10 hill sprints. Look for the steepest hill you can find. Full recovery in between reps. May have to spend some time getting through paperwork. Be patient. Be ready to run. Check the weather. There's no such thing as bad weather, just poor clothing choices. Pillars and Hips	<u>TRACK IS BACK!!!</u> Goals; 1) Have fun 2) Be competitive 3) Become life-long endurance athletes <u>FUN, FAST, FOREVER!!!</u> MENTAL SKILLS: GUT CHECK
Tue, 3/14 31 degrees	ALL: Stamina - Tempo - 2023 Mid/Dist Practice Groups <u>Option #1</u> Cruise Intervals; 3-4 x 1 mile at TEMPO pace w/ 1:00 jog. <u>Option #2</u> Cruise Intervals; 3-6 x ½ mile at TEMPO pace w/ 1:00 jog. ALL: 4 x 100m @ GOAL 1600 pace Wt. Room - Functional I (girls) / Functional II (boys)	Keep the rest period around 1 minute. Anything longer and it changes the stimulus. Review Tinman's Pace Chart to find your TEMPO pace. Use your CURRENT fitness level, not your GOAL fitness level. Be conservative: For example, use your 5K

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		time from cross country and add 30 secs.
Wed, 3/15 42 degrees	ALL: 0-5 miles with 4-6 x 200m @ GOAL 1600 pace Beginning runners may need day off or XT Planks and Banded Hips	SPIKE NIGHT @ TC Running Co. (formerly RUN N FUN) 6pm <u>868 Randolph Ave</u> Need shoes? Running clothes? 15% discount and knowledgeable staff ready to help out at 6pm. MENTAL SKILLS: ☰ HIGH-LEVEL GOALS
Th, 3/16 35 degrees And snow	ALL: Short Hills; 4-6 miles including 8-14 hills (30-45 seconds) Wt. Room - Strength IV (girls) / Strength V (boys)	NOTE: MS shoot for 8-10, JV 10-12, V 10-14. <u>Team Store closes TONIGHT.</u> Gear will be delivered in two weeks.
Fri, 3/17 22 degrees and windy	ALL: RR; 3-5 miles + 3 x 150m @ 800m EFFORT w/ 250m walk/jog Pillars and Hips OR Gym games	Plan your weekly mileage. Know where you're at and how much you can increase each week.
Sat, 3/18 14 degrees in the AM	ALL: Long run w/ Fartlek. 4-7 miles, including 6-8 x 1:00 "on"/1:00 "off". BRUNCH RUN at Grace's House - 2151 Bayard Avenue at 8:30 AM	"on" = Threshold pace, "off" = moderate jog MENTAL SKILLS: ☰ CONFIDENCE JOURNAL
Sun, 3/19	Rest day or 30 min light aerobic XT (swim, bike, ski/rollerski, hike)	Great 1st week!

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