

Highland Park Track & Field 2022

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 6 - 12	WORKOUT TAPER: Cut mileage 10-20%	ANNOUNCEMENTS/NOTES
Mon, 6/6	ALL: RR: 2-4 miles + 4-6 x :20 strides Isaiah: RR: 2-4 miles + (mobility) 2-3 starts over first 300h	
Tue, 6/7	ALL: 2 x 400 @ 800 GP + 2 X 200 @ 800 GP / 3:00 rest between reps Isaiah: Full warm up, mobility, 4 starts over 5H, 2 starts over 1h	MENTAL SKILLS: Put it all together - review your Confidence Journal or Strava, Visualize your race, work on your Mantras, practice progressive relaxation.
Wed, 6/8	ALL: RR: 2-4 miles + 3-4 x :20 strides [3200m runners can run pacing 200s] Isaiah: RR: 2-4 miles + 4 flying 30s Hurdle technique: Wall trail leg	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, 6/9	ALL: RR: 2-3 miles + 2-3 pacing 150s or 200s Isaiah: Full warm up, mobility, 1-2 starts over 2H, 1 start over 1h	

Highland Park Track & Field 2022

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

Fri, 6/10	STATE MEET: Day 1: Prelims and 3200 final 4 x 800 team: RR: 2-3 miles + 2-3 pacing 150s or 200s	
Sat, 6/11	STATE MEET: Day 2: Finals	Relay alternates, be prepared to race.
Sun, 6/12	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 12: May 30 - June 5	WORKOUT TAPER: Cut mileage 10-20%	ANNOUNCEMENTS/NOTES
Mon, 5/30	WORKOUT: WED RACERS: 2 x 300 @ 800 GP + 1-2 X 150 @ 400 GP / 3:00 rest between reps FRI-ONLY RACERS: 3-5 miles + 3-4 x :20 strides	If you are in town, we do have practice at 3:30.
Tue, 5/31	WED RACERS: RR: 3-5 miles + 3-4 x :20 strides [3200m runners can run pacing 200s] WORKOUT: FRI-ONLY RACERS: 2 x 400 @ 800 GP + 2 X 200 @ 400 GP / 3:00 rest between reps and 5:00 rest after 200s.	MENTAL SKILLS: Put it all together - review your Confidence Journal or Strava, Visualize your race, work on your Mantras, practice progressive relaxation.
Wed, 6/1	SECTIONS MEET: Day 1: Prelims and 3200 final HEAT SHEETS	Through all your hard work you have earned the right to say "I can do difficult things."

Highland Park Track & Field 2022

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



		Be grateful for this opportunity - execute to the best of your abilities - and compete.
Th, 6/2	ALL: RR: 3-5 miles + 2-3 pacing 150s or 200s	
Fri, 6/3	SECTIONS MEET: Day 2: Finals	Relay alternates, be prepared to race.
Sat, 6/4	LONG RUN: 4-7 miles	Brunch Run @ Delia's 1715 Juliet Ave
Sun, 6/5	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 11: May 23 - 29	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 5/23	ALL: 3-5 miles + strides or 3-4 pacing 200 or 150s (if racing tomorrow)	
Tue, 5/24	CONFERENCE MEET: Day 1: Prelims and 3200 final FULL WORKOUT Athletes not racing tomorrow (Mason (knee), Pfan, Shaggy, Gavin, Ingrid, Amelie, Maddie and Ziva) be prepared for a workout at Harding before the meet starts. RACE + WORKOUT	Heat Sheets and Time Schedule FULL WORKOUT: 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.

Highland Park Track & Field 2022

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



	Athletes racing that can do a short TH + Hill workout after your event (Lance , Davis , Charlie (ankle), Delia , Ellie , Zoe , and Sam).	RACE + WORKOUT: 4 x 1:00 @ TH + 4 x :30 Hills @ 800 GP
Wed, 5/25	ALL: RR: 3-5 miles + 4-6 x :20 strides Planks and Hips	
Th, 5/26	CONFERENCE MEET: Day 2: Finals	
Fri, 5/27	ALL: RR: 3-5 miles Pillars and Banded Hips	
Sat, 5/28	LONG RUN: 5-10 miles	Brunch Run @ Isom's 1477 Highland Parkway
Sun, 5/29	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 10: May 16 - 22	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 5/16	ALL: 400s and 200s 4-6 x 400 + 3-4 x 200 Wt. Room - Strength II (girls) / Strength I (boys) Hurdlers:	MENTAL SKILLS: STATE OF MIND Are you attending the Boat Dance?? Tell us your plans so we know whether or not to put you in events on Friday: click here

Highland Park Track & Field 2022

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



Tue, 5/17	ALL: RR: 3-5 miles + 4-6 x :20 strides Pillars and Hips	
Wed, 5/18	ALL: 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 + 3-4 x 120m [JV cut the # of reps in half] . Followed by 3-5 miles. Wt. Room - Strength I (girls) / Strength II (boys) Hurdlers: 2 x 3-4 200s over 1,2,3h + 100s over 7,8h Bring spikes	Girls - prior to speed development: Support Horace Mann Girls on the Run as they do their practice 5K. Run starts at 3:30. Wear an HP jersey.
Th, 5/19	ALL: 3-7 miles. JV, include 3-4 pacing 200 or 150s Planks and Banded Hips	
Fri, 5/20	JV: CONFERENCE MEET VARSITY: 3-5 miles - Varsity, include 3-4 pacing 200 or 150s	MENTAL SKILLS: CHECK-IN
Sat, 5/21	VARSITY: "The Michigan" JV: RR: 2-4 miles	Brunch Run from Mateo's 1295 Niles Avenue
Sun, 5/22	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	
Week 9: May 9 - 15	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES

Highland Park Track & Field 2022

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



Mon, 5/9	<p><u>VARSIITY:</u> 3-5 miles w/ 3-4 pacing 200s</p> <p><u>JV:</u> 4 x 300m + 4 x 150m (300s s/be fast, 150s s/be all-out. Full rest between reps)</p> <p>Pillars and Hips</p> <p>Hurdlers: Mobility, trail leg drills, 4-5 x 300m h4-8 @80%</p>	<p>MENTAL SKILLS: YOUR ZONE</p> <p>Exercise to help you discover what fills your tank vs. what drains you.</p>
Tue, 5/10	<p><u>VARSIITY:</u> Section 6AAA True Team Meet @ Mounds View</p> <p><u>JV:</u> 3-4 miles w/ 4-6 x :30 hills</p>	<p>True team scoring: each athlete scores! This meet is a measure of our depth as a team.</p>
Wed, 5/11	<p><u>ALL:</u> 3-5 miles - JV, include 3-4 pacing 200 or 150s</p> <p>Planks and Banded Hips</p>	<p>MENTAL SKILLS: SOCIAL CIRCLE</p> <p>This exercise is about your support system. Who influences you, supports you, and is there for you in the different aspects of your life?</p>
Th, 5/12	<p><u>JV:</u> Tom Moore Invite @ Woodbury</p> <p><u>VARSIITY:</u></p> <p>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 + 3-4 x 120m. Followed by 3-5 miles.</p> <p>Wt. Room - Strength I (girls) / Strength II (boys)</p>	
Fri, 5/13	<p><u>ALL:</u> 3-5 miles - Varsity, include 3-4 pacing 200 or 150s</p>	<p>MENTAL SKILLS:</p> <p>MINDFUL RUNNING</p>

Highland Park Track & Field 2022

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



		This is a simple exercise to help you understand mindfulness - through running. It's simple, but not necessarily easy.
Sat, 5/14	<u>VARSITY:</u> Simley Invite @ Simley <u>JV:</u> LONG RUN: 5-10 miles	
Sun, 5/15	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 8: May 2 - 8	WORKOUT Reduce Weekly Mileage by roughly 20%	ANNOUNCEMENTS/NOTES
Mon, 5/2 49 degrees	<u>ALL:</u> Hidden Falls Hills OPTION #1: Johnny Walkers: 3-4 x (2 x hill + 1 x 600m loop @ TH) OPTION #2: 6-8 x hill (hard up, walk/jog down) Wt. Room - Strength II (girls) / Strength I (boys) Hurdlers: Mobility, trail leg drills, 4-5 x 300m h4-8 @80%	<u>CUTBACK WEEK:</u> 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. MENTAL SKILLS: ☰ SWOT ANALYSIS
Tue, 5/3 57 degrees	<u>ALL:</u> RR: 2-4 miles + 4-6 x :20 strides Pillars and Banded Hips	

Highland Park Track & Field 2022

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



	Hurdlers: Starts over hurdles	
Wed, 5/4 61 degrees	<u>Thursday Racers:</u> RR: 2-4 miles w/ 3-4 pacing 200s <u>Distance:</u> SPEED DEVELOPMENT - be sure to do a thorough warm-up (drills and activators) before doing 4-5 x 150 in & outs and 4-5 Flying 30s . Followed by 3-5 miles. <u>Mid-D:</u> 400m repeats; 2-3 x (4x400) w/ 1:15 rest between reps and 3:00 between sets Planks and Hips	MENTAL SKILLS: ENCLOTHED COGNITION
Th, 5/5	<u>Conference True Team MEET:</u> At St. Paul Central Bus leaves at 2:30pm - released from class at 2:10 <u>Non-racers:</u> 4-7 miles + 4-6 x :20 strides	True team scoring: each athlete scores! This meet is a measure of our depth as a team. All of our conference opponents will be there.
Fri, 5/6	Game Day:	
Sat, 5/7	<u>Post-Prom LONG RUN:</u> 6-10 miles	LRT in Hopkins or on your own?
Sun, 5/8	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Highland Park Track & Field 2022

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



Week 7: Apr 25 - May 1	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 4/25 3:30 practice 38 degrees	Distance: Progression run + 200s 5-8 miles w/ 2nd half of run progressively faster + 4 x 200 at 1600 pace Wt. Room - Strength I (girls) / Strength II (boys) Hurdlers: Mobility, trail leg drills, 4-5 x 300m h4-8 @80%	MENTAL SKILLS: ☰ POSITIVE SELF-TALK
Tue, 4/26 3:30 practice 44 degrees	RR: 3-5 miles + 4-6 x :10 hill sprints Planks 2X and Hips Hurdlers: Starts over hurdles	
Wed, 4/27 46 degrees	<u>JV/V MEET:</u> St. Paul Quad vs. Como, East Ridge, Harding If you are also racing on Friday, think about running in a different event at this meet.	Implement the mental skills you practiced on Monday and execute the race plan you developed earlier this week. MENTAL SKILLS: ☰ BREATH RESET
Th, 4/28	RR: 2-4 miles w/ 3-4 pacing 200s Hurdlers: rhythm drills	
Fri, 4/29	<u>VARSITY MEETS:</u> Hamline Elite or Friday Night Lights <u>JV:</u> RR: 3-5 miles on your own	☰ 4/29/22 - Friday Night Lights Line-Up

Highland Park Track & Field 2022

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

	Hurdlers: 5x flying 30s, mobility, lead leg/trail leg drills, rhythm drills	
Sat, 4/30	LONG(ish) RUN: Brunch run from the Moening's	Brunch run at Molly Moening's house 2249 Highland Parkway
Sun, 5/1	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	MENTAL SKILLS: CHECK-IN Cutback week ahead!!!

Week 6: Apr 18 - 24	WORKOUT Weekly Mileage: 24-46	ANNOUNCEMENTS/NOTES
Mon, 4/18 3:30 practice 38 degrees	Distance: CV workout at Victoria Park; 5.5-8 miles including; <u>OPTION #1:</u> 4-5 x 1K @ CV w/ 200-300m jog <u>OPTION #2:</u> 3-5 x 800m @ CV w/ 200-300m jog Mid-D: 400m repeats; 3 x (4x400) w/ 1:15 rest between reps and 3:00 between sets Wt. Room - Strength II (girls) / Strength I (boys) Hurdlers: Mobility	Work on Mental Skills during CV or 400m workout; repeat your mantra or cue word for relaxation. Visualize a different aspect of Wednesday or Saturday's event during each rep. Suggested pace groups, paces and splits for the CV workout are included on the Distance tab; 2022 Mid/Dist Practice Groups MENTAL SKILLS: SUPERHERO POWER POSE
Tue, 4/19 3:30 practice 45 degrees	RR: 3-5 miles + 6-8 x :20 strides Pillars 2X and Banded Hips	PICTURE DAY. WEAR YOUR UNIFORM!!

Highland Park Track & Field 2022

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



	Hurdlers: Warm-up routine	
Wed, 4/20 48 degrees	Thursday Racers; RR: 2-5 miles w/ 3-4 pacing 200s Saturday only Racers; 5-7 miles w/ 6 x :10 hill sprints	Implement the mental skills you practiced on Monday and execute the race plan you developed earlier this week. MENTAL SKILLS: ☰ THE "I LOVE ME" LIST
Th, 4/21	<u>JV/V MEET:</u> St. Paul Tri vs. Harding & Washington Tech Post race workout/cooldown: 3-4 x 400 @ TH w/ 400 jog (talk to coaches) Saturday only Racers; TH repeats; 6-8 x 2:00 'on' / 1:00 'off' 4-6 x :30 Edgecumbe Hills @ 3200m - - > 1600m EFFORT RR: 2-4 miles	Meet: 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.
Fri, 4/22	<u>ALL:</u> RR: 2-4 miles w/ 3-4 pacing 200s	
Sat, 4/23	<u>VARSITY:</u> Lakeville Mega Meet <u>JV:</u> Long run, 4-7 miles	
Sun, 4/24	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 5: Apr 11 - 17	WORKOUT Weekly Mileage: 22-42	ANNOUNCEMENTS/NOTES
--------------------------------------	---	----------------------------

Highland Park Track & Field 2022

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

Mon, 4/11 3:30 practice 57 degrees	ALL: CV 4-6 x 800m @ CV w/ 200m jog 4-6 x :30 Edgecumbe Hills @ 3200m - - > 1600m EFFORT Wt. Room - Strength II (girls) / Strength I (boys) Hurdlers: Mobility 2-3 (150+150+120 over low hurdles) 90 second rest between reps, Full recovery between sets. Bring spikes	Work on Mental Skills during CV workout; repeat your mantra or cue word for relaxation. Visualize a different aspect of Wednesday's event during each rep. MENTAL SKILLS: RACE PLAN DEVELOPMENT UNIFORM HANDOUT if you didn't get one before spring break. Find Klatt by the girls locker room after the workout. GO TO GREEN MILL TONIGHT!!! Fundraiser for the team from 4-10pm :)
Tue, 4/12 East Ridge Meet 55 degrees 50% rain	RR: 3-4 miles w/ 3-4 pacing 200s Pillars 2X and Banded Hips Hurdlers: Mobility Starts for 100/110 hurdlers Take off drills	Help out some grad students! Girls, fill out this anonymous short survey about nutrition here
Wed, 4/13 50 degrees 20% rain	St. Paul Quad vs. Central, Johnson & Washington Tech Post race workout/cooldown: 3-4 x 400 @ TH w/ 400 jog	Implement the mental skills you practiced on Monday and execute the race plan you developed earlier this week.
Th, 4/14 37 degrees windy	RR: 3-4 miles + 4-6 x :20 strides Optional: YOGA	MENTAL SKILLS: RACE EVALUATION

Highland Park Track & Field 2022

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

	Planks 2X and Hips	
Fri, 4/15 35 degrees	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: 2-4 miles Hurdlers Wt. Room - Strength I (girls) / Strength II (boys)	Team Store closes at 11:59 PM. Meet at 3:00 today!
Sat, 4/16	ALL: Long run, 5-11 miles	Meet at the Jensen Lake Trailhead at Lebanon Hills at 9am. Donuts & chocolate milk afterwards!
Sun, 4/17	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 4: Apr 4 - 10	WORKOUT Reduce Weekly Mileage by roughly 20%	ANNOUNCEMENTS/NOTES
Mon, 4/4 3:30 practice 48 degrees	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 the wiki page for cues to focus on during the wicket drill. RR: 2-4 miles Hurdlers: Mobility Walkovers segmented 2-3 300 starts (bring spikes)	CUTBACK WEEK: Please check out 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. MENTAL SKILLS: CORE VALUES

Highland Park Track & Field 2022

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



	Spring Breakers: RR: 2-4 miles + 4-6 x :20 strides	
Tue, 4/5 East Ridge Meet 49 degrees 80% rain	JV runners – not on Spring Break: East Ridge JV Invite Event Sign-up: 4/5/22 – East Ridge JV Invite - MEET CANCELED Everyone else: Stamina - Tempo 20-25 minute TEMPO run + 4-6 x :20 strides Hurdlers: Mobility Wall drills Take off drills	Meet canceled - tempo run for everyone.
Wed, 4/6 45 degrees 55% rain	NO FORMAL PRACTICE TODAY. ALL: RR: 0-4 miles Planks and Hips	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. MENTAL SKILLS: CREATING A VISION
Th, 4/7 41 degrees 50% rain	In person: 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 Spring Breakers: 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	Help out some grad students! Girls, fill out this anonymous short survey about nutrition here .

Highland Park Track & Field 2022

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

	Wt. Room - Strength I (girls) / Strength II (boys)	
Fri, 4/8 46 degrees	<p><u>In person:</u> 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 for the season.</p> <p>RR: 2-4 miles</p> <p>Hurdlers (those interested in 100/110 high hurdles): Ghost /low hurdle starts (1 x 1H, 2 x 2H, 3 x 3H)</p> <p><u>Spring Breakers:</u> RR: 2-4 miles + 6 x :10 hill sprints (or strides if you can't find a hill)</p> <p>Pillars and Banded Hips</p>	
Sat, 4/9	<u>ALL:</u> Long run, 4-10 miles	
Sun, 4/10	Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)	

Week 3: Mar 28 - Apr 3	WORKOUT Weekly Mileage: 20-38 (NOTE: <u>next week</u> we will cut our mileage back)	ANNOUNCEMENTS/NOTES
Mon, 3/28 41 degrees	<p><u>ALL:</u> 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 for the season.</p> <p>RR: 2-4 miles</p>	<p>Today would be a good day for our multi-event athletes (hurdlers, jumpers, throwers) to work on those events after the wicket drills.</p> <p>MENTAL SKILLS:</p>

Highland Park Track & Field 2022

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



	Planks and Hips	PROGRESSIVE RELAXATION WIT...
Tue, 3/29 42 degrees windy	ALL: Intro to CV 3-5 x 800m @ CV w/ 200m jog (JN skiers @ TH pace - drop back 1 group) 4-6 x 200m @ 1600m pace w/ 200m jog Wt. Room - Strength I (girls) / Strength II (boys) Hurdlers (after your workout) Mobility drills (on the track)	Check the Distance tab of 2022 Mid/Dist Practice Groups to make sure you're in the correct group and know your CV pace; Pace Chart .
Wed, 3/30 38 degrees 85% rain	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. Cancelled due to weather. RR: 2-4 miles Instructor-led Progressive Relaxation in the wrestling room at 5:00 & 5:15 Hurdlers (after your workout): Mobility drills Drills (focus on lead leg take off) Pillars and Banded Hips	Be sure to keep the pace very easy today. Multi-event athletes: join the non-distance folks for a technique day. MENTAL SKILLS: VISUALIZATION & IMAGERY UNIFORM HANDOUT TODAY.
Th, 3/31 33 degrees 50% snow	ALL: Short Hills ; 4-6 miles including 10-14 hills (30-45 seconds) Option #1: Marina Hill Option #2: Montreal Hill Hurdlers (after your workout):	Help out some grad students! Girls, fill out this anonymous short survey about nutrition here . UNIFORM HANDOUT TODAY.

Highland Park Track & Field 2022

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



	<p>Mobility drills Ghost starts (bring spikes)</p> <p>Wt. Room - Strength II (girls) / Strength I (boys)</p>	
<p>Fri, 4/1</p> <p>40 degrees</p>	<p>ALL: RR; 2-4 miles + 4 x 150m @ 800m EFFORT w/ 250m walk/jog</p> <p>If you're running 1600 tomorrow, replace the 4 x 150m by 3-4 x 200m @ 1600m pace.</p> <p>Planks and Hips, Relay runners practice handoffs</p>	<p>SPIKES: Spike up for the 4 x 150s, so we continue getting used to them.</p> <p>Plan your weekly mileage. Know where you're at and how much you can increase each week.</p>
<p>Sat, 4/2</p>	<p>Griak Indoor Meet: Limited to 400, 800, 1600 (3 runners), 4 x 400 and 4 x 800</p> <p>Everyone else: Long run, 4-10 miles</p>	<p>Training through this meet. Plan on a longer warm-up and/or cool-down to help build your aerobic engine.</p>
<p>Sun, 4/3</p>	<p>Rest day or 30 min light aerobic XT (swim, bike, rollerski, hike)</p>	<p>MENTAL SKILLS: CHECK-IN</p>

<p>Week 2: Mar 21-27</p>	<p>WORKOUT Weekly Mileage: 18-35</p>	<p>ANNOUNCEMENTS/NOTES</p>
<p>Mon, 3/21</p>	<p>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.</p> <p>RR: 0-3 miles + 3 x 150m @ 800m EFFORT w/ 250m walk/jog</p>	<p>Today would be a good day for our multi-event athletes (hurdlers, jumpers, throwers) to work on those events after the wicket drills.</p> <p>SPIKE NIGHT at Run n Fun</p>

Highland Park Track & Field 2022

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



	<p>Planks and Hips</p> <p>Hurdlers (after your workout): mobility drills</p> <p>20 on each side-lead leg wall drills, lead leg snap downs, trail leg circles wall drill, trail leg drag wall drill</p>	<p>6-8pm - Highland athletes get a 20% discount & free singlet with the purchase of a pair of shoes!</p> <p>MENTAL SKILLS: SMART GOALS</p>
Tue, 3/22	<p>ALL: Stamina - Tempo</p> <p>Option #1 Cruise Intervals; 2-3 x 1.5 miles at TEMPO pace w/ 1:00 jog. Option #2 Cruise Intervals; 2-3 x 1 mile at TEMPO pace w/ 1:00 jog.</p> <p>ALL: 4 x 100m controlled on the track - run the straights, jog/walk the curves</p> <p>Wt. Room - Strength I (girls) / Strength II (boys)</p>	<p>Tempo: Increase workload slightly from last week. Keep the rest period around 1 minute.</p> <p>Review the Tinman Pace Chart to find your TEMPO pace. Base it on your CURRENT fitness level, not your GOAL fitness level.</p>
Wed, 3/23 36 degrees rain/snow	<p>ALL - 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.</p> <p>Handoff technique with Coach Craig on the track after the run.</p> <p>Beginning runners may need day off or XT</p> <p>Hurdlers (after your workout): Mobility drills</p> <p>Pillars and Banded Hips</p>	<p>Be sure to keep the pace very easy today.</p> <p>Multi-event athletes: join the non-distance folks for a technique day.</p> <p>MENTAL SKILLS: MANTRAS</p>
Th, 3/24 45 degrees	<p>Distance: Stamina Threshold Ladder; 4-6 miles including;</p> <p>Option #1 1:00/2:00/3:00/4:00*/3:00/2:00/1:00 "on" with 1:00 "off" in between</p>	<p>"on" = Threshold pace, "off" = easy jog</p> <p>*NOTE: 4:00 "on" is optional</p>

Highland Park Track & Field 2022


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



	<p>+ 4 x :30 hills @ 1600m EFFORT</p> <p>Option #2 1:00/2:00/3:00/2:00/1:00 “on” with 1:00 “off” in between + 4 x :30 hills @ 1600m EFFORT</p> <p><u>Mid-D: 400m repeats;</u></p> <p>Option #1: 2-3 x (4x400) w/ 1:15 rest between reps and 3:00 between sets</p> <p>Option #2: 8-10 x Partner 400s</p> <p>Hurdlers (after your workout): Mobility drills</p> <p>Wt. Room - Strength II (girls) / Strength I (boys)</p>	<p>Mid-D runners, be sure to check out the Mid-D tab for 400 times;  2022 Mid/Dist Practice Groups</p> <p>Here's a 5 mile loop for the TH Ladder and a 6 mile loop.</p> <p>Tell us what your spring break plans are! We have two meets (4/2 and 4/5) and we need to know how to plan. Fill out the survey before Saturday.</p>
<p>Fri, 3/25</p> <p>38 degrees Windy</p>	<p><u>ALL RR:</u> 0-3 miles + 4 x 150m @ 800m EFFORT w/ 250m walk/jog</p> <p>If you're running 1600 tomorrow, replace the 4 x 150m by 3-4 x 200m @ 1600m pace.</p> <p>Planks and Hips, Relay runners practice handoffs</p>	<p><u>SPIKES:</u> Spike up for the 4 x 150s, so we start getting used to them.</p> <p>Plan your weekly mileage. Know where you're at and how much you can increase each week.</p>
<p>Sat, 3/26</p>	<p><u>Gopher Indoor Time Trial:</u> Limited to 400, 800, 1600 (V & JV), 4 x 400 and 4 x 800</p> <p><u>Everyone else:</u> Long run, 4-8 miles</p>	<p>Training through this meet. Plan on a longer warm-up and/or cool-down to help build your aerobic engine.</p>
<p>Sun, 3/27</p>	<p>Rest day or 30 min light aerobic XT (swim, bike, ski/rollerski, hike)</p>	

Highland Park Track & Field 2022

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



Week 1: Mar 14-20	WORKOUT Weekly Mileage: 16-32	ANNOUNCEMENTS/NOTES
Mon, 3/14	<p>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.</p> <p>May have to spend some time getting through paperwork. Be patient.</p> <p>Be ready to run. Check the weather. There's no such thing as bad weather, just poor clothing choices.</p> <p>Pillars and Hips</p>	<p><u>TRACK IS BACK!!!</u></p> <p>Goals;</p> <ol style="list-style-type: none">1) Have fun2) Be competitive3) Become life-long endurance athletes <p>MENTAL SKILLS:</p> <p>GUT CHECK</p>
Tue, 3/15	<p>ALL: Stamina - Tempo</p> <p><u>Option #1</u> Cruise Intervals; 3-4 x 1 mile at TEMPO pace w/ 1:00 jog.</p> <p><u>Option #2</u> Cruise Intervals; 3-6 x ½ mile at TEMPO pace w/ 1:00 jog.</p> <p>ALL: 4 x 100m controlled on the track - if clear (run the straights, jog/walk the curves)</p> <p>Wt. Room - Strength I (girls) / Strength II (boys)</p>	<p>Keep the rest period around 1 minute. Anything longer and it changes the stimulus.</p> <p>Review the Tinman Pace Chart to find your TEMPO pace. Base it on your CURRENT fitness level, not your GOAL fitness level. Be conservative: For example, use your 5K time from cross country and add 30 seconds.</p>
Wed, 3/16	<p>ALL: Speed Development - be sure to do a thorough warm-up (drills and activators) before doing the mini-hurdle drills on the track. If the track isn't clear yet we'll do 4 x :10 hill sprints again.</p> <p>RR: 0-3 miles with 4-6 x :20 strides</p> <p>Beginning runners may need day off or XT</p>	<p>Speed Development is going to be a main focus this year for Mid-D and Distance runners.</p> <p>MENTAL SKILLS:</p> <p>HIGH-LEVEL GOALS</p>

Highland Park Track & Field 2022

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



	Planks and Banded Hips	
Th, 3/17	<p><u>Distance:</u> Stamina Fartlek; 4-6 miles including 6-10 x 1:00 on/1:00 off @ THRESHOLD + 3 x 150m @ 800m EFFORT w/ 250m walk/jog</p> <p><u>Mid-D:</u> Short Hills; 4-6 miles including 10-14 hills (30-45 seconds)</p> <p>Wt. Room - Strength II (girls) / Strength I (boys)</p>	<p>“on” = Threshold pace, “off” = easy jog</p> <p>The TEAM STORE closes tonight. Vote for captains HERE.</p>
Fri, 3/18	<p><u>Distance:</u> RR; 0-3 miles + 4 x :30 hills @ 1600m EFFORT</p> <p><u>Mid-D:</u> RR; 0-3 miles + 3 x 150m @ 800m EFFORT w/ 250m walk/jog</p> <p>Pillars and Hips</p>	<p>Plan your weekly mileage. Know where you're at and how much you can increase each week.</p>
Sat, 3/19	<p><u>ALL:</u> Long run, 4-7 miles</p>	<p>MENTAL SKILLS: CONFIDENCE JOURNAL</p>
Sun, 3/20	Rest day or 30 min light aerobic XT (swim, bike, ski/rollerski, hike)	Great 1st week!