

***Phase 1: General Phase Week one**

- Mondays:** March 8th **(Start of Mezocycle One) [SPEED DAY]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Fast leg drills
 - 2 x 800m speed 3:40 – rest 1 min
 - 2 x 600m speed 2:40 – rest 1 min
 - 2 x 400m speed 1:30 – rest 1 min
 - 2 x 200m speed 0:40 – rest 1 min
 - Weight room
 - CORE!
- Tuesday:** March 9th **[LACTATE CAPACITY]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 400m (90 sec.) – 600m (2:40) – 800m (3:40) – 600m – 400m (30 sec. rest)
 - Weight room
 - CORE!
- Wednesday** March 10th **[TEACHING SKILLS] – Introduce, Demonstrate (whole/part/whole)**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - **TESTING – EVERYONE or**
 - 4 x 350m (event run), Speed: 65 sec. (____) rest 10 min.
 - 3 x 200m speed 35-34-33 sec. (____/____/____), Rest 3 min.
 - 6 x 10 sec. rope resistance runs, speed: fast, rest: 10 sec.
 - CORE!
- Thursday** March 11th **[SPEED DEVELOPMENT]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Fast leg drills
 - 2 x 800m speed 3:40 – rest 1 min
 - 2 x 600m speed 2:40 – rest 1 min
 - 2 x 400m speed 1:30 – rest 1 min
 - 2 x 200m speed 0:40 – rest 1 min
 - Weight room
 - CORE!
- Friday** March 12th **[TEACHING SKILLS]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 3 x 200m 35-34-33 sec. (____/____/____), rest: 3 min.
 - relay hand-off or Block work
 - Review basic Technical model skill exercises
 - CORE!

- Saturday March 13th
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Fast leg drills
 - Weight room
 - 4x5x reach & Drum
 - Hills or Stairs: (5, 10, 15) x 5 runs up
 - CORE!
- Sunday March 14th
- Rest and regeneration

Phase 1: General Phase Week two

- Monday: March 15th **[SPEED DEVELOPMENT]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Fast leg drills
 - 2 x 800m speed 3:40 – rest 1 min
 - 2 x 600m speed 2:40 – rest 1 min
 - 2 x 400m speed 1:30 – rest 1 min
 - 2 x 200m speed 0:40 – rest 1 min
 - Weight room
 - CORE!
- Tuesday: March 16th **[LACTATE CAPACITY]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 4x 300m @ 60
 - Weight room
 - CORE!
- Wednesday March 17th **[TEACHING SKILLS] – Introduce, Demonstrate (whole/part/whole)**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 4 x 350m (event run), Speed: 65 sec. (____) rest 10 min.
 - 3 x 200m speed 35-34-33 sec. (____/____/____), Rest 3 min.
 - 6 x 10 sec. rope resistance runs, speed: fast, rest: 10 sec.
 - CORE!
- Thursday March 18th **[SPEED DEVELOPMENT]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 2 x 800m speed 3:40 – rest 1 min
 - 2 x 600m speed 2:40 – rest 1 min
 - 2 x 400m speed 1:30 – rest 1 min
 - 2 x 200m speed 0:40 – rest 1 min
 - Weight room
 - CORE!

- Friday March 19th **[TEACHING SKILLS]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Tempo Endurance [1+1+1+2 x 3]
 - Review basic Technical model skill exercises (Block work & Relay work)
 - CORE!
- Saturday March 20th
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Fast leg drills
 - Weight room
 - 4x5x reach & Drum
 - Hills or Stairs: (5, 10, 15) x 5 runs up
 - Recovery & CORE!
- Sunday March 21st
- Rest and regeneration

Phase 2: Specific Phase Week One

- Monday: March 22nd **[SPEED DEVELOPMENT] or Prep for meet**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Fast leg drills
 - Weight room
 - 4x5x shift & reach
 - CORE!
- Tuesday: March 23rd **Neenah Indoor Invitational**
- Continuous tempo Dynamic Mobility (20 min)
- Wednesday March 24th **[TEACHING SKILLS] – Introduce, Demonstrate (whole/part/whole)**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Tempo Endurance [1+1+1+2 x 3]
 - Review basic Technical model skill exercises
 - CORE!
- Thursday March 25th
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 2 x 800m speed 3:40 – rest 1 min
 - 2 x 600m speed 2:40 – rest 1 min
 - 2 x 400m speed 1:30 – rest 1 min
 - 2 x 200m speed 0:40 – rest 1 min
 - CORE!

- Friday March 26th **[Speed Training]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x
 - 4x30m accelerations (1:30 sec. Rest walk between)
 - Tempo Endurance [1+1+1+2 x 3]
 - CORE!

- Saturday March 27th **TRAIN!**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 2 x 400m speed (80 – 85 sec), rest 1 – 2 min.
 - 2 x 300m speed (55 – 60 sec.), rest 1 – 2 min.
 - 2 x 200m speed (36 – 40 sec), rest 1 – 2 min.
 - 3 x 100m speed (16 – 18 sec), rest 1 – 2 min (w/3 min interval rest
 - Weight room
 - Recovery
 - CORE!

- Sunday March 28th
- Rest and regeneration

Phase 2: Specific Phase Week Two

- Monday March 29th **[Speed Development] or UW – Oshkosh Indoor Invitational**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 2 x 400m speed (80 – 85 sec), rest 1 – 2 min.
 - 2 x 300m speed (55 – 60 sec.), rest 1 – 2 min.
 - 2 x 200m speed (36 – 40 sec), rest 1 – 2 min.
 - 3 x 100m speed (16 – 18 sec), rest 1 – 2 min (w/3 min interval rest
 - Weight room
 - CORE!

- Tuesday: March 30th **[Lactate Development] or recovery for athletes who competed**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - 6 x 200m speed (40 sec.), Rest 3 min.
 - Weight room
 - Recovery
 - CORE!

- Wednesday April 31st **[Skill Development]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Tempo Endurance [1+1+1+2 x 3]
 - 4 x 300m (event run), Speed: (55 sec.) rest 8 min.
 - 6 x 100m, speed: fast, Rest: walk back
 - Review basic Technical model skill exercises
 - Weight room in afternoon

- CORE!

Thursday April 1st **[Speed Development] (Spring Break begins)**

- Continuous tempo Dynamic Mobility (20 min)
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- 3 x 200m (34-33-32 sec.), rest: walk 200m
- 3 x 150m (build-ups), speed: slow-medium-fast, rest: walk back
- Weight room
- CORE!

Friday April 2nd

- Choice of recovery activity (pool, aerobics, sport)

Saturday April 3rd

Sunday April 4th

- Rest and regeneration

Phase 2: Specific Phase Week three

Monday: April 5th **Start of Mezocycle 2 [Speed Development – Power Component]**

- Continuous tempo Dynamic Mobility (20 min)
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- Fast leg drills
- Block work and relay posture hand off
- Weight room
- Recovery & CORE!

Tuesday: April 6th **[Lactate Capacity] or (Quad Meet at AW – Host AE)**

- Continuous tempo Dynamic Mobility (20 min)
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- Recovery & CORE!

Wednesday April 7th **[Technique Development] Recovery Training**

- Continuous tempo Dynamic Mobility (20 min)
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- **LSD run**
- Tempo Endurance [1+1+1+2 x 3]
- CORE!

Thursday April 8th **[Load Day]**

- Continuous tempo Dynamic Mobility (20 min)
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- Resistance – Tire pull, incline, Bullet belt, Parachutes
- 2 x 400m speed (80 – 85 sec), rest 1 – 2 min.
- 2 x 300m speed (55 – 60 sec.), rest 1 – 2 min.
- 2 x 200m speed (36 – 40 sec), rest 1 – 2 min.
- 3 x 100m speed (16 – 18 sec), rest 1 – 2 min (w/3 min interval rest)
- Strength Endurance circuit: 10x 120m Bounds (10% load) 5 min recovery
- CORE!

- Friday April 9th **[Technique Work]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Review basic Technical model skill exercises (**Block work and relay work**)
 - CORE!
- Saturday April 10th
- Continuous tempo Dynamic Mobility
 - Active Recovery and CORE!
- Sunday April 11th
- Rest and regeneration (Pool, massage)

Phase 3: Specific Phase Week One “Pre-Competition”

- Mondays: April 12th **Technique Work**
- Continuous tempo Dynamic Mobility (30min)
 - Block work and relay work
 - Weight room and CORE!
- Tuesday: April 13th **(FVA Coed Triangular)**
- Continuous Tempo Dynamic Mobility
 - Competition
 - Recovery and CORE
- Wednesday April 14th **[RECOVERY]**
- Medicine ball, flexibility
 - Extensive recovery – (600 breakdown) 6, 5, 4, 3, 2, 1,
- Thursday April 15th **[Speed Endurance] (Freshman/Sophomore Meet @ Appleton North)**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Glycolytic Speed Endurance: 4 x 4 x 60m [1 min rep recovery, 3 set recovery]
 - CORE!
- Friday April 16th **[Technique Work]**
- Continuous tempo Dynamic Mobility (20 min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Review basic Technical model skill exercises
 - CORE!
- Saturday April 17th **[Catholic Memorial @ 9:00am]**
- Sunday April 18th
- Rest and regeneration

Phase 3: Specific Phase Week Two “P-Competition”

- Mondays: April 19th **[Race modeling]**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Meet management
- Tuesday: April 20th **(FVA Coed Triangular)**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- Wednesday April 21st **[RECOVERY DAY]**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - BIKE for 40 minutes
 - Block work and relay work
 - Stretch and CORE
- Thursday April 22nd **(26th Annual TERROR Invitational @ Appleton East 3:30)**
- Friday April 23rd **[RECOVERY DAY]**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - BIKE for 40 minutes
 - Stretch and CORE
- Saturday April 24th **(am training)**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Recovery and CORE
- Sunday April 25th
- Active recovery on your own

Phase 4: Competition Phase Week One

- Mondays:** April 26th [**Technique Day**] **Race Modeling**
- Continuous tempo Dynamic Mobility (40min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Blocks, Relay hand-off, zone
 - Recovery and CORE
- Tuesday:** April 27th (**FVA Coed Triangular**)
- Continuous tempo Dynamic Mobility
- Wednesday** April 28th [**Recovery**]
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Recovery on Bike
 - Review basic Technical model skill exercises (45min)
- Thursday** April 29th
- Warm up part 1, 2 (50min)
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Acceleration and transition mechanics
- Friday** April 30th [**Neenah Invitational 4:00**]
- Continuous warm up 1 (40min)
- Saturday** May 1st [**RECOVERY DAY**]
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - BIKE Recovery 40 min.
 - CORE
- Sunday May 2nd**
- Rest and regeneration
 -

Phase 5: Competition Phase Week two

- Mondays: May 3rd **[Start of Mezocycle 3]**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Meet training and prep. Race Modeling
 - Blocks
 - Flying 60's
- Tuesday: May 4th **(FVA Coed Triangular)**
- Wednesday May 5th **[RECOVERY DAY]**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Recovery and CORE
- Thursday May 6th **[Ashwaubenon Invitational @ 3:30]**
- Friday May 7th **[RECOVERY DAY]**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - BIKE or EASY RUN
- Saturday May 8th **(Train @ Xavier @ 9:00am)**
- Sunday May 9th
- Rest and regeneration
 - Weights

Phase 5: "Two Peak" Microcycle Week One

- Mondays: May 10th **[Train @ Xavier]**
- Meet Modeling
- Tuesday: May 11th **(Conference relays @ Appleton West Hosted @ AE 4:15)**
- Wednesday May 12th **[Train @ Xavier] RECOVERY**
- Thursday May 13th Moderate Training
- Friday May 14th **RECOVERY**
- Choice of recovery activity (pool, aerobics, sport) or **Ice Cream run**
- Saturday May 15th **REST and Recovery**
- Sunday May 16th **[Train @ Xavier]**
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)

- Race Modeling

Phase 5: "Two Peak" Microcycle Week Two "Competition 2"

Mondays: May 17th (**Varsity Coed Conference Meet @ AN) 3:30**)

Tuesday: May 18th [**Train @ Xavier**]

Wednesday May 19th [**Train @ Xavier**]

- Continuous tempo Dynamic Mobility
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- Meet training and prep. Race Modeling
- Blocks
- Flying 60's

Thursday May 20th (**JV Conference Meet @ AE 4:15) [Varsity runner Lactate Power]**)

- Continuous tempo Dynamic Mobility
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- 2 x 300m (95%) – 15 min. recovery
- 3 x 180m (95%) – Full Recovery
- 2 x 250m (95%) – 15 min. recovery
- Recovery and CORE

Friday May 21st [Xavier or Lawrence University]

- Choice of recovery activity (pool, aerobics, sport)

Saturday May 22nd

- Rest and regeneration

Sunday May 23rd [**Train @ Xavier**]

- Meet preparation
- Relay work
- Jumper run through
- Block starts
- Race modeling

Phase 6: Competition

Mondays: May 25th (**Regional Meet @ TBA 3:00**)

Tuesday: May 26th [**RECOVERY**]

- Continuous tempo Dynamic Mobility
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- Relaxed run

Wednesday May 27th [**Train @ Xavier**] – **FVA Coaches Meeting**

- Continuous tempo Dynamic Mobility
- 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
- Meet training and prep. Race Modeling
- Blocks, relay work
- Recovery and Core

- Thursday May 28th (**Sectional Meet @ TBA**) 3:00
- Continuous tempo Dynamic Mobility
 - 4x30m strides, leg swings 12x, 4x30m accelerations (1:30 sec. Rest walk between)
 - Relaxed run
- Friday May 29th
- Extensive tempo for 20 minutes.
- Saturday May 30th
- Rest and regeneration
- Sunday May 31st
- Train for state