

**Basalt Middle School
2017 Track and Field workouts**

Practice days will begin with a warm up that will vary from a mile to a mile & a half, followed by a full team stretching regimen, and calisthenics. This is week number 1 of 3 workouts that are meant to help get you ready to start practice after spring break with a running base and some core muscles.

Week of: March 6th - 12th	Warm-up	Workout	Cool Down
Throwers	light stretching before running days	M, W, F light jog for 10 minutes (10 minute mile pace) each day	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> ● 7 - 10 good push-ups ● 10 sit-ups ● 10 Crunches ● M, W, F Superman
Jumpers/Hurlers	Stretch Sat, M, W, F	M, W, F light jog for 10 minutes (10 minute mile pace) each day	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> ● 7-10 good push-ups ● 10 sit-ups ● 10 Crunches ● M, W, F Superman
Sprints	Stretch Sat, M, W, F	Sat, M, W, F light jog for 20 minutes (10 minute mile pace) each day. Then jog each day sprint for ten seconds 8 times	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> ● 7 -10 good push-ups ● 10 sit-ups ● 20 Crunches ● M, W, F Superman ● plank
Mid-distance/ Distance	Stretch Sat, M, W, F	Sat, M, W, F light jog for 25 minutes(10 minute mile pace) each day Monday & Friday, pick up the pace for three minutes at 10 minutes and 20 minutes.	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> ● 7 - 10 good push-ups ● 10 sit-ups ● 20 Crunches ● M, W, F Superman ● Plank

The Basic Plank



Start on elbows and knees, locking hands together. Straighten legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart. Face the floor, being careful not to arch your back or stick your bottom in the air. Hold this position for 45 seconds to begin with, extending the time as you get stronger.

Superman

Lying on your stomach with arms and legs extended, simultaneously reach out, trying to get your fingers and toes as far apart as possible. Do not focus on lifting up but rather lengthening your body as long as you can. The arms and legs will naturally lift off the floor as you reach. Also, keep a neutral neck by looking at the ground slightly in front of you (not up).

Hold for 45 seconds, longer if you can!



Crunches

- Keep your abdominals pulled in so you feel more tension in your abs and so you don't overarch your lower back.
- Don't pull on your neck with your hands or draw your elbows in.
- Do curl as well as lift. In other words, don't yank your head, neck, and shoulder blades off the floor; you also need to curl forward, as if you're doubling over. Think of bringing your ribs to your pelvis and exhale as you crunch up; inhale as you lower back down, keeping your belly button drawn in.
- Perform crunches very slowly and with control

Stretching Page Below

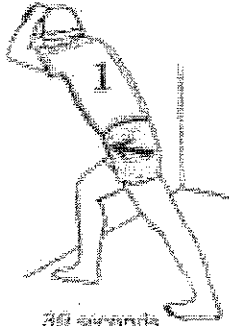
Any and all with help before running.

After running exercises 1, 6, 7, 8, 9, 10, 11, & 12 will all be helpful.

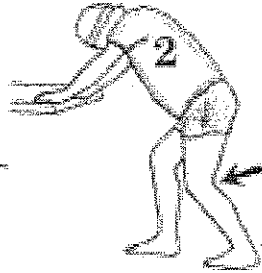
Before

Running

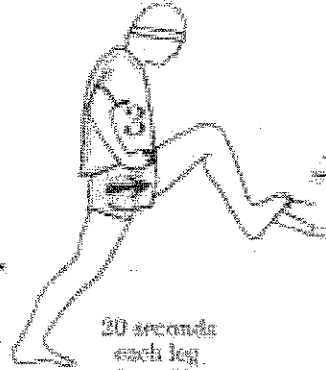
Approximately 3 Minutes



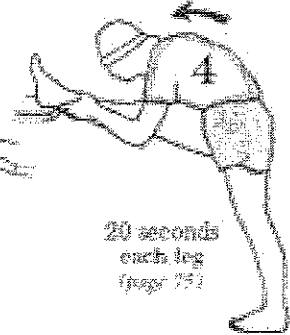
30 seconds
each leg
(page 71)



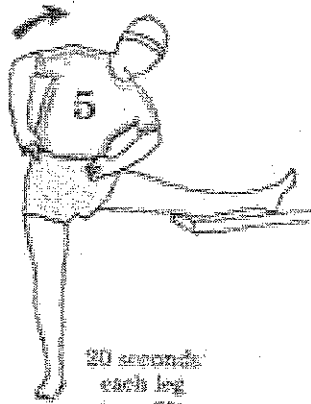
15 seconds
each leg
(page 71)



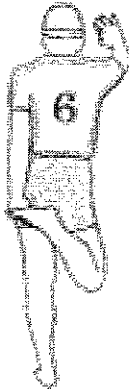
20 seconds
each leg
(page 73)



20 seconds
each leg
(page 75)



20 seconds
each leg
(page 75)



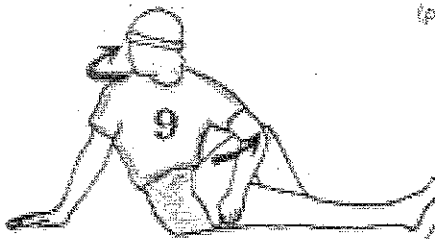
20 seconds
each leg
(page 74)



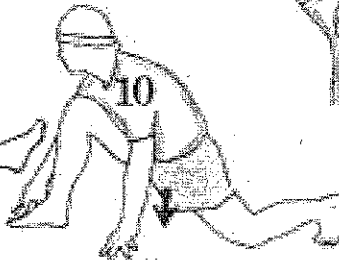
30 seconds
(page 63)



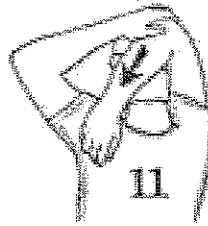
30 seconds
(page 76)



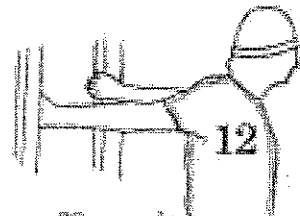
15 seconds
each side
(page 36)



20 seconds
each leg
(page 48)



15 seconds
each arm
(page 41)



20 seconds
(page 44)

Basalt Middle School 2017 Track and Field workouts

Practice days will begin with a warm up that will vary from a mile to a mile and a half, followed by a full team stretching regimen, and calisthenics. This is week number 2 of workouts that are meant to help get you ready to start practice after spring break with a running base and some core muscles

Week of: March 13th - 19th	Warm-up	Workout	Cool Down
Throwers	light stretching before running days	Sat, M, W, F light jog for 10 minutes (10 minute mile pace) each day	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> • 10 good push-ups • 10 sit-ups • 10 Crunches • M, W, F Superman
Jumpers/Hurlers	Stretch S, M, W, F	Sat, M, W, F light jog for 10 minutes (10 minute mile pace) each day	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> • 7-10 good push-ups • 10 sit-ups • 10 Crunches • M, W, F Superman • Plank • 25 bicycle, count every other leg
Sprints	Stretch S, M, W, F	Sat, M, W, F light jog for 20 minutes (10 minute mile pace) each day. After jog each day sprint for ten seconds 8 times	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> • 7-10 good push-ups • 10 sit-ups • 20 Crunches • M, W, F Superman • Plank • 25 bicycle, count every other leg
Mid-distance/ Distance	Stretch S, M, W, F	Sat, M, W, F light jog for 25 minutes (10 minute mile pace) each day Monday & Friday, pick up the pace for five minutes at 10 minutes and 20 minutes. Wednesday: join me after school for a group run	Light stretching after each run. Sunday, Tuesday, Thursday: <ul style="list-style-type: none"> • 7-10 good push-ups • 10 sit-ups • 20 Crunches • M, W, F Superman • Plank • 25 bicycle, count every other leg

The Basic Plank



Start on elbows and knees, locking hands together. Straighten legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart. Face the floor, being careful not to arch your back or stick your bottom in the air. Hold this position for 45 seconds to begin with, extending the time as you get stronger.

Superman

Lying on your stomach with arms and legs extended, simultaneously reach out, trying to get your fingers and toes as far apart as possible. Do not focus on lifting up but rather lengthening your body as long as you can. The arms and legs will naturally lift off the floor as you reach. Also, keep a neutral neck by looking at the ground slightly in front of you (not up).

Hold for 45 seconds, longer if you can!



Crunches: Keep your abdominals pulled in so you feel more tension in your abs and so you don't overarch your lower back.

Don't pull on your neck with your hands or draw your elbows in.

Do curl as well as lift. In other words, don't yank your head, neck, and shoulder blades off the floor; you also need to curl forward, as if you're doubling over. Think of bringing your ribs to your pelvis and exhale as you crunch up; inhale as you lower back down, keeping your belly button drawn in. Perform crunches very slowly and with control, doing 12 reps

Bicycle: Lie on your back with fingertips behind ears, legs in the air, and knees pulled toward chest (top illustration). Target your sides and entire ab area by contracting as you lift your shoulder blades off the ground. Straighten your right leg at a 45-degree angle and

rotate your upper body to the left, bringing the right elbow toward the left knee (bottom illustration). Switch sides by straightening your left leg, bending your right leg, and bringing the left elbow to the right knee. Alternate sides in a pedaling motion. Complete 8 to 12 full reps.

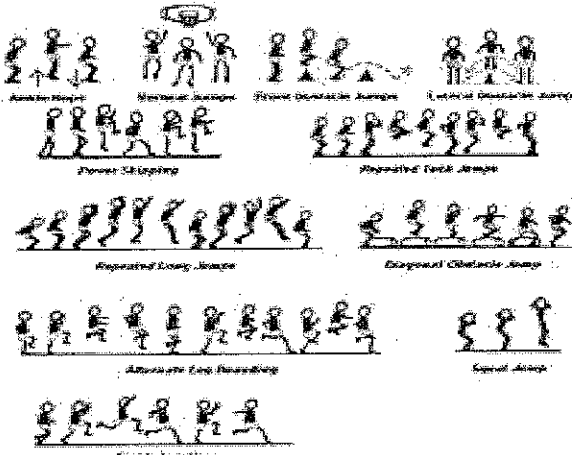
Stretching Page Below

Any and all with help before running.

After running exercises 1, 6, 7, 8, 9, 10, 11, &, 12 will all be helpful.

Basalt Middle School 2017 Track and Field workouts

This week of workouts is meant to help you be ready for practice after spring break.

Week of: March 20th - 26th	Warm Up	Work Out	Cool Down
Throwers	8 min. Easy jog. Stretches (Arms, legs, trunk twist)	8xburpies, 1min. Rest, repeat 4x Wall sit (As long as you can)	Easy jog & stretch
Jumpers/ Hurdlers Warm up everyday 1 mile or 10 minutes	 <p>Work out: Do 30 seconds of each of the 11 exercises with a 30 second break in-between on Monday, wednesday, Friday and Sat</p>		Follow core workout and calisthenics workout for mid-distance/distance below, at least three times over break.
Sprints	<p>Warm-up (everyday) 1 mile or 10 minutes</p> <p>Monday, Wed, Friday: Core workout and calisthenics Practice starts... take-off fast (90-100%) to a rolling finish (50yard) 10X Wind sprints 10X high knees 8X butt kicks 8X Finish mile warmdown</p> <p>Tues & Thurs: repeats (75% - 85%) 8X100 4X200</p>		Follow core workout and calisthenics workout for mid-distance/distance below, at least three times over break
Mid-distance/ Distance	<p>Saturday/Sunday: 18th & 19th Long Run = 4 miles (20%) and Rest Day Either day: rest and run Core workout on rest day Calisthenics one of these days</p> <p>Monday 20th: Core + 3 mile easy run + a few strides during or after</p> <p>Tuesday 21st: 1 mi warm-up jog (or 10 minutes) Hill Workout 25 minutes of running uphill hard and jogging down 1 mi cooldown jog (or 10 minutes) Mileage: ~ 4 miles</p> <p>Wednesday 22nd: 30 minutes... "run as you feel" – medium distance day. Core workout after and Calisthenics</p> <p>Thursday 23rd: Core + 3 mile easy run + a few strides during or after</p> <p>Friday 24th: 1 mi warm-up jog (or 10 minutes) 3 mile tempo run at Tempo Pace (75%) OR 20 minutes at "tempo run effort" (85%) 1 mi cooldown jog (or 10 minutes)</p> <p>Saturday/Sunday: 25th & 26th Long Run - 5 miles (20%) and Rest Day Core on rest day Calisthenics one of these days</p>		<p>Light stretching before after each run</p> <p>Core workout: choose 4 from the list below</p> <ul style="list-style-type: none"> ● Crunches - 25 ● Reverse Crunches 25 ● Double Crunches - 25 ● Left Crunches - 25 ● Right Crunches - 25 ● Bicycle Crunches -25 ● Plank pose, up to 1min ● Superman -up to 1 min <p>Calisthenics:</p> <ul style="list-style-type: none"> ● Squats: 3 sets of 10 ● Pushups: 1 set to failure (as many as possible) ● Windsprints: set of 10, 50 meters each ● Tricep Dips: 3 sets of 10 ● Lunges: 3 sets of 10 (each side) ● Hip Extensions: 3 sets of 10

The Basic Plank

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Superman

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Hold for 45 seconds, longer if you can!



Crunches

- Keep your abdominals pulled in so you feel more tension in your abs and so you don't overarch your lower back.
- Don't pull on your neck with your hands or draw your elbows in.
- Do curl as well as lift. In other words, don't yank your head, neck, and shoulder blades off the floor; you also need to curl forward, as if you're doubling over. Think of bringing your ribs to your pelvis and exhale as you crunch up; inhale as you lower back down, keeping your belly button drawn in.
- Perform crunches very slowly and with control, doing 12 reps

Any Calisthenics that you are unsure of can be searched on the internet for clarify and how to photos....

Stretching Page

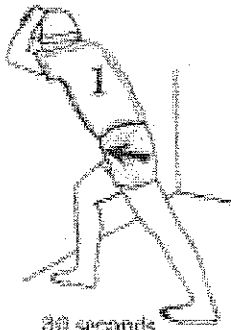
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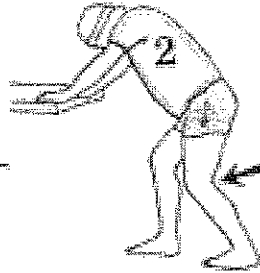
Before

Running

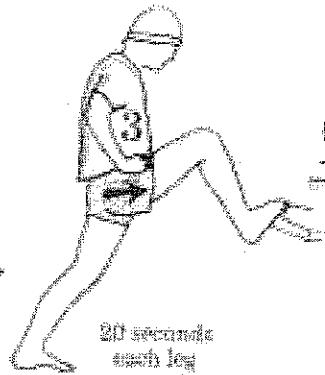
Approximately 9 Minutes



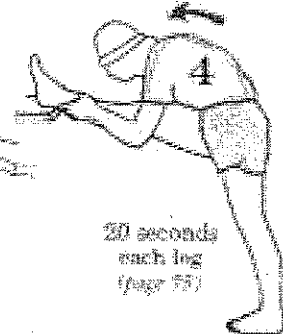
20 seconds
each leg
(page 71)



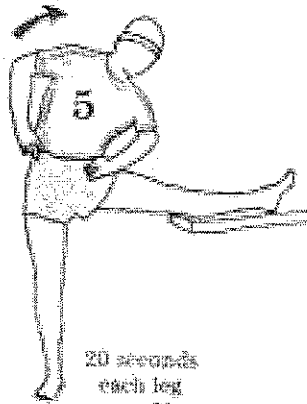
15 seconds
each leg
(page 71)



20 seconds
each leg
(page 73)



20 seconds
each leg
(page 77)



20 seconds
each leg
(page 75)



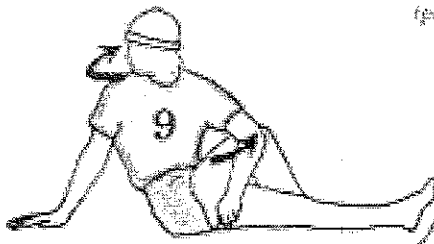
20 seconds
each leg
(page 74)



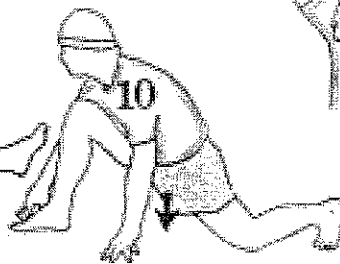
20 seconds
(page 65)



20 seconds
(page 56)



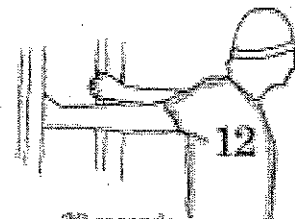
15 seconds
each side
(page 59)



20 seconds
each leg
(page 48)



15 seconds
each arm
(page 41)



20 seconds
(page 44)

