

LIBERTY CLASSICAL ACADEMY: 2023 TRACK AND FIELD

Training Log

Week 1: Assessment and Fundamental Skills

In this first week of the season, a lot of new concepts are introduced. "Lecture-style" content takes time away from the main body of work: more explaining, less doing. To offset this, we try to keep intensity as high as we can, and use a fair amount of volume on our X-Factor Days. That being said, all reps are done 100% rested.

<p>Speed Days: Monday, Wednesday</p> <p><i>The bread and butter of our speed program. Max-Intensity, Full Rest. Working Acceleration, Top Speed, and Technique.</i></p>	<p>X-Factor: Tuesday, Thursday</p> <p><i>Athleticism helps keep us well-rounded, but also allows us to train other "universal sport traits." Working Power Production, Reactivity, and Coordination. More "strength-forward" days to build get a good base.</i></p>
<p><u>Monday: 30m Block Starts</u></p> <ul style="list-style-type: none">● Dynamic Warmup: Yoga Flow● Everyday Speed Drills: 10-in-10<ul style="list-style-type: none">○ Fast March → High Knees○ Pogo Jumps → "Box Jumps"○ Prime-Times: Frequency, Distance, Bent-Legged○ Bounds → Backward Sprint○ Start: Falling● Technique Lecture: The Block Start● Timed Drill: 2x30m Block Starts<ul style="list-style-type: none">● Mobility/Prehab: <p>Low-Impact Hurdle Drills</p>	<p><u>Tuesday: Split Stance Power</u></p> <ul style="list-style-type: none">● Dynamic Warmup: Yoga Flow● Everyday Speed Drills: 10-in-10● Measured Drill: Triple Broad Jump● Strength/Power: 3x Circuit (French Contrast Style)<ul style="list-style-type: none">■ SL Split-Stance Squat: 4x<ul style="list-style-type: none">● (5s Lowering action)■ Scissor "Pops": 4x■ Weighted Jump: 4x■ Leg Switches w/Band: 4x■ 5min rest
<p><u>Wednesday: Flying 10s (Max Speed)</u></p> <ul style="list-style-type: none">● Dynamic Warmup: Yoga Flow<ul style="list-style-type: none">○ Forward Fold → Halfway Lift○ High Plank → Downward Dog (pedal feet) → Cobra○ Down Dog → Glute Kickbacks○ Low-Lunge (Knee Bend Focus)○ Low-Lunge (Hip-Lowering Focus)○ Cossack Squat → Low Shuffle● Everyday Speed Drills: 10-in-10● Technique Lecture: Max-Speed● Timed Drill: 3x Flying 10m Sprint● Power Drill: Incline Starts (Sled-Resisted)	<p><u>Thursday: Single Leg Force</u></p> <ul style="list-style-type: none">● Warm-Up: 10-in-10● Technique Lecture: SL Support● Measured Drills:<ul style="list-style-type: none">○ 6 Bounds○ Vertical Jump● Strength/Power: 2-3x Circuit (French Contrast Style)<ul style="list-style-type: none">■ SL Step-Up: 4x<ul style="list-style-type: none">● (5s Lowering action)■ Hurdle Hops: 3x■ First Step Drill (Resisted): 4x■ First Step (Overspeed): 4x

No Practice Friday: St. Pius Fish Fry

Friday Distance Work (Optional, Independent): 800m/Mile Specific Endurance

- Dynamic Warmup: **Yoga Flow**
- **Extended Distance Warmup:**
 - Leg Swings (Forward/Back 10x, Side-to-Side 10x)
 - Toe-Walks (up on Tiptoe): 10m (or 10s)
 - Heel-Walks: 10m (or 10s)
 - Ankle Circle: 10x Each Direction
- Main Workout: **Tempo 400m's (3.75-5mi: 20-30min)**
 - **3-4 Sets of the Following:**
 - **4 x (400m @85% Mile Pace → 3min Rest)**
 - ~90-105s for Men (1:30-1:45)
 - ~110-125 for Women (1:50-2:05)
 - **400m Walk**

(This should work out to 4 quarters per "set," broken apart by 3min rest between each, finishing with a 400m walk-back before beginning the next set.)