

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.

Speed Days: Monday, Wednesday

The bread and butter of our speed program. Max-Intensity, Full Rest. Working Acceleration, Top Speed, and Technique.

X-Factor: Tuesday, Thursday

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.

Monday: 30m Block Starts

- Dynamic Warmup: Yoga Flow
- Everyday Speed Drills: 10-in-10
 - Fast March → High Knees
 - Pogo Jumps → "Box Jumps"
 - Prime-Times: Frequency, Distance, Bent-Legged
 - Bounds → Backward Sprint
 - Start: Falling
- Technique Lecture: Block Starts
- Timed Drill: 2x30m Block Starts
 - Mobility/Prehab:
 - Low-Impact Hurdle Drills

Tuesday: Split Stance Power

- Dynamic Warmup: Yoga Flow
- Everyday Speed Drills: 10-in-10
- Measured Drill: Triple Broad Jump
- Strength/Power: 3x Circuit (French Contrast Style)
 - SL Split-Stance Squat: 4x
 - (5s Lowering action)
 - Scissor "Pops": 4x
 - Weighted Jump: 4x
 - Leg Switches w/Band: 4x
 - 5min rest

Wednesday: Flying 10s (Max Speed)

- Dynamic Warmup: Yoga Flow
 - 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:
 - 3xFlying 10m Sprint
- Power Drill: Incline Starts (Sled-Resisted)

Thursday: Single Leg Force

- Warm-Up: 10-in-10
- Technique Lecture: SL Support
- Measured Drills:
 - 6 Bounds
 - Vertical Jump
- Strength/Power: 2-3x Circuit (French Contrast Style)
 - SL Step-Up: 5x
 - (7s Lowering action)
 - Hurdle Hops: 4x
 - First Step Drill (Resisted): 4x
 - Band-Assisted SL Pogos: 5s

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.)