

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



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## 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 [Pace=85% of Race-Pace Mile] → 3min Rest)**
    - Mens Time Guideline: ~90-105s (1:30-1:45) per 400m
    - Womens Time Guideline: ~110-125s (1:50-2:05) per 400m
  - **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.)*