

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><u>Speed Days: Monday, Wednesday</u></p> <p><i>The bread and butter of our speed program. Max-Intensity, Full Rest. Working Acceleration, Top Speed, and Technique.</i></p>	<p><u>X-Factor Days: Tuesday, Thursday</u></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><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 • Mobility/Prehab: Low-Impact Hurdle Drills 	<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 (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 (5s Lowering action) ◦ Hurdle Hops: 3x ◦ First Step Drill (Resisted): 4x ◦ First Step (Overspeed): 4x



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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.)