

# Kirkwood High School Track & Field

## “Training with all the Bells & Whistles”

### Introduction of the Topic:

Make your workouts interesting and improve track & field athletic performance for all athletes while reducing injuries at the same time. By using functional training methods with the right track & field training equipment that enhances cardio, balance, stabilization, speed, agility, core, flexibility and power, these training methods will develop overall fitness for sprinters, jumpers, throws and distance athletes. Equipment such as medicine balls, resistance bands, jump ropes, hurdle mobility, speed sacs, bands, wickets, speed ladder and parachutes.

### Portable Equipment:

- Dynamic Flexibility & Hurdle Mobility
- Harnesses
- Speed sacks/Tire pulls
- Parachutes
- Agility Ladders
- Wickets/Hula Hoops
- Strength & Flexibility
- Jump ropes
- Plyometric & Sand Work
- Bands
- Core
- Medicine Ball
- Training Plan (see addendum)
  
- Dynamic Flexibility & Hurdle Mobility
  - 1 lap
  - mini band work
  - 30-45 min. Dynamic Flexibility
  - warm-up 30--45 mins.
  - Hurdle mobility
  
- Harness Running: Benefits: uphill sprinting builds muscular endurance and muscle strength because the major muscles of the body must work harder to propel your body up a hill. The slope of a hill targets the glutes, hamstrings, quadriceps, calves,

core and upper body and, similar to weight training, allows you to build more muscle.

- 80 -100m for sprinters - focus is on shin angles, drive phase, race tactics.
- 100m to 200m for distance runners emphasizes acceleration/ turnover, running with rhythm . Perfect opportunity to work on preferably grass to save the legs.
- **Speed sacks/Tire sleds:** overall speed and explosiveness.  
Strengthen lower-body muscle groups.  
Adjust weight options for variable weight resistance
- **Parachutes:** With parachutes, you build strength while running. They combine resistance training and interval training in a single workout. ... Sprinters and other athletes seeking to develop explosive speed are the most natural beneficiaries of training with parachutes.
- **Quick step ladder in the sand:** strengthen joints, ligaments and tendons, ladder drills can be performed FASTER and more EXPLOSIVELY without increasing the risk of injury or straining the athlete's body like some of the other plyometrics exercises. Two Feet In, Two Feet Hop, Lateral shuffle, side Hops, Hopscotch are just a few of the exercises. The sand allows you to go max effort and makes it easier on the joints.
- **Wickets and hula hoops:** Wickets and Hula Hoops help athletes understand body awareness while sprinting at max velocity, acceleration and force production. It works for speed development for distance runners.
- **Strength & Flexibility:** A medicine ball is commonly used to build core strength, which means building muscles in your abdomen and back. This helps with balance, posture, and overall wellness through proper alignment.
- **Ropes:** Jumping rope isolates the muscles in your calves and quads, and the repetitive bouncing on the balls of your feet serves to target and strengthen these areas with every swing of the rope. "The activity is typically done in bouts of three minutes or less for multiple sets across and engages the type two muscle fibers," "Jump rope is more effective than running for individuals focusing on quick-twitch facilitation. "Decreases Foot and Ankle injuries.
- **Plyometrics/Sand Work:** Quickness and explosiveness is something that is desired by many athletes, and training in the sand is a great way to achieve this. Since your muscles undergo a heavier workload when you train in the sand, it can help improve your explosive strength and quickness.

- **Bands:** Resistance bands can improve your running performance. Bands will also help you correct any muscle imbalances and improve your muscles' activation, which means that the movements you make while running are more efficient. ... Resistance band training for runners typically targets the quads, glutes, and calves. Mini band exercises make it easy to target your glute medius, a small hip abductor muscle on the outer side of each butt cheek.
  
- **Core:** Core exercises train the muscles in your pelvis, lower back, hips, and abdomen to work in harmony. A strong core is a solid foundation for strength in the rest of the body. The main benefit of core strength for runners is increased stabilization in the torso. Your core muscles (the chest, back, abs, and obliques) are what keep your torso upright when you run and reduce “wobbling” when moving your arms and legs.
  
- **Outdoor Circuit: (see addendum)**
  
- **Rainy day/Inclement weather**
  - weight room circuit
  - deck of cards (core & cardio)
  - cycle room
  - circuit in wrestling room
  
  - dance room: rings/ropes (vaulters)

**RECOVERY/POOL WORK:** Performing active recovery in a pool helps to reduce soreness, flushes out lactic acid and prevents a drop-off in performance.

- Questions?

<b>General Preparation/Early</b>		<b>Competition</b>				<b>Transition/Competition/</b>	
<b>Conditioning/to Training Train</b>		<b>Flexibility /Coordination/Dynamic Warm-up</b>				<b>Maintenance/Racing to Peak</b>	
<b>Flexibility /Coordination/Dynamic Warm-up</b>						<b>Flexibility /Coordination/Dynamic Warm</b>	
General Preparation/Neuro Muscular/Central Nervous System, Cardio/Respiratory		Specific Pre Competitive  Training to race/Neuro Muscular		Pre Competitive/neuro Muscular Central Nervous System  Cardio/Respiratory		Competitive/Neuro Muscular Central Nervous System  Cardio/Respiratory	
Aerobic Endurance, aerobic poweranaerobic power, alactaid strength/power		Aerobic power/capacity, lactacid/anaerobi Alactaid strength		Aerobic power/capacity, lactacid/anaerobic Alactaid strength/short speed, Glycolytic, Lactic		Aerobic power/capacity, lactacid/anaerobic Alactaid strength/short speed,Glycolytic, Lactic acid	
Endurance, Strength, Flexibility, Coordination, Speed Rest, extensive tempo, special endurance, overspeed, Core development, Circuit Training, continuous tempo,		Speed endurance, /Low-med, speed, elastic speed, strength, special endurance, resistance runs, rest, intensive. /extensive tempo, Core development, Circuit Training, Power Speed, Aerobic Endurance, Reaction Speed.		Endurance, Strength, Flexibility, Sprint technique, starting technique, time trials baton speed technique, specific endurance rest, Core development, Circuit Training Extensive, power, Intensive tempo, speed, strength endurance, Power Speed, Reaction Speed, Tempo end.		Extensive/Intensive tempo, speed, overspeed, strength endurance, Power Speed, Power Core development, Circuit Training, Power Speed, Power Speed, Special Endurance 1, Event running, maximal speed Continuous tempo, Pioneer fartlek	
Hill work, relay work, Core training, weight training, Stadium stairs,/Speed testing, High intensity shuttle, Ladder,		Ins/Out, Acceleration development, Pioneer Fartlek, Hill work, relay work, Core training, weight training, Stadium stairs, /Speed testing, High intensity shuttle, Ladder,		Ins/Out, Contrast Training sprint/jog/sprint, speed drills, Event running stress work-out, High intensity shuttle run, Pyramids, Cruise and Sprints, hollow Sprints, Cross Drill/ <b>No index entries found.</b> Hill work, relay work, Core training, weight training, Stadium stairs, /Speed testing,		Ins/Out, Contrast Training Endless Relay, speed drills Event running, stress work-out, High intensity shuttle run, Pyramids, Cruise and Sprints, hollow Sprints, Cross Drill, sprint/jog/sprint, Inertia runs, transition sprints, acc. Series, varied speed runs, switch-ff runs, stride changes, starts	
1 Micro cycle		2 Micro cycle		3 Meso cycles		4 Meso cycles	
5 Meso cycles		6 Meso cycles		7 Meso cycles		8 Meso cycles	
9 Meso cycles		10 Meso cycles		11 Meso cycles		12 Meso cycles	
13 Meso cycles		Season over					

# Outdoor Circuit

