3-16-2020

Lordstown Track Girls,

As you all realize by now the need to separate ourselves is of utmost importance at this time and recommendations are changing on a daily basis. The Ohio High School Athletic Association has come up with a tentative return to sports schedule that coincides with return to school on April 6th. That schedule is outlined as April 6-10 mandatory practice days with the competition season resuming on April 11th. It is important that you continue to train on your own during this break to be competition ready on our return. I will be sending you all weekly workout plans and would like all the runners to download the Strava App onto your phones so I can see how you are doing.

The entire coaching staff is crossing our fingers that we will return to school with everyone healthy and jump right back into our routine. If our return to school does not happen as scheduled it is overall just good for your physical and mental health to stick to a routine that includes exercise, rest, and healthy eating habits. Please everyone track your workouts daily so I know where you are at with your training. I will leave a space for what you did each day. Please feel free to reach out to me if you have any questions….I miss my team already ☹

I will post this all on runlordstown.com with a link on the varsity track page.

I have this workout in three categories:

**Mid-distance/Distance runners:** Trista, Emily, Monet, Ava, Petyon F., Kerrianne, McKenna. Goal is to get 20 miles of running in this week, including weekend (Trista and Emily you should try but also consider that you are returning from injury.

**Throwers:** Paige, Rosetti, Kileigh, Peyton T., Lexie

**Sprinters:** Emma, Riley (Sarah you need to do what your physical therapist has you doing for now and keep me posted on your condition).

All workouts should begin with your warm-ups (just like practice)!! I will be putting distances like these are all on the track but be creative and use what you have, yard, sidewalk, ect. If you get to the track that is great. FYI to all, jumping equipment is out, as is long jump pit.

Monday – Wednesday – Friday are still core days for all.

**March 16-March 20**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Mid Distance/  Distance | 30 minute run: 10 minutes easy then:  Next 10 minutes: one minute hard one minute easy.  Last 10 minutes cool down pace. | Easy run: you pick the distance based on how you feel from Monday’s workout with total goal of 20-mile week in mind. | 30 minute run with 10 minutes fast. Look on your Strava App to see what your pace was in the middle 10 minutes. | Easy run: you pick the distance based on how you feel from Monday’s workout with total goal of 20 mile week in mind. | Warm –up  10 sprints at about 100 meters each. Cool down pace for 10 minutes. | Weekend used for cross training (walk, yoga, biking) and getting whatever mileage you need to get to 20 miles for the week. | Weekend used for cross training (walk, yoga, biking) and getting whatever mileage you need to get to 20 miles for the week. |
|  | Mon. | Tues | Wed | Thur | Fri | Sat | Sun |
| Throwers: | Warm – up and practice throwing (check with your parents about where you can throw the shot, it will leave holes in the yard). | Warm-up  Pushups 10  Squats 10 (holding weight in front of you – if don’t have hand weights grab water bottles, soup cans ect)  Drive the car 10  Do three sets.  Jumping jacks for 1 minute.  Finish with 1-minute plank then cool down. | Warm – up and practice throwing (check with your parents about where you can throw the shot, it will leave holes in the yard). | Warm – up  50 meter sprint  Five repetitions with three minute break between each set.  Cool down. | Warm – up and practice throwing (check with your parents about where you can throw the shot, it will leave holes in the yard). | cross training (walk, yoga, biking) | cross training (walk, yoga, biking) |
|  | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
| Sprinters | Warm-up:  5 second sprint – rest 3 minute  10 second sprint rest 3 min  15 second sprint – rest 3 minutes  20 second sprint – rest three minutes and then go back down with same pattern.  Cool down easy 5 minutes | <https://www.youtube.com/watch?v=UBMk30rjy0o> | Warm up:  20 second jog- 20 second sprint – 20 second walk  3 minute break  Repeat 5 times.  Cool down. | Easy run – cool down pace, at least two miles. | Warm up:  10 jump squats  20 stairclimbers (plank position with running legs)  20 jump quick as you can side to side over a line (crack in sidewalk – tape on floor, ect)  Walk one minute  30 second sprint (around 200 m)  Walk 1 minute  30 sprint  Walk one minute  One minute sprint  Do two sets  cool down. | cross training (walk, yoga, biking) and or field events if you can get to the track. Hurdle drills (no jumping on your own), high jump and long jump practice. | cross training (walk, yoga, biking) and or field events if you can get to the track. Hurdle drills (no jumping on your own), high jump and long jump practice. |