

Offseason Workouts

November - January

NOTE : A coach cannot coordinate or supervise these workouts out-of-season, but these are suggested workouts that you can do to better prepare yourself for the upcoming season. **Safety should be your biggest concern!!**

Lift 3–4 times per week with the program you are already on. Add Plyometric Training once a week with plyo boxes, speed ladder, lunge jumps, tuck jumps, and dot drills

I. THRESHOLD WORKOUTS - (1X Per Week)

70-75% effort. Distances from 100m - 400m, short rest (30-90 seconds), 1200m-2000m total distance. These are designed to increase your ability to finish races strong.

For all of these workouts, you should do a warm-up of 10 minutes of easy jogging followed by some stretching. Cool down with 5 minutes of easy jogging. As you get in better shape, before your cool down, you should rest 6-8 minutes after the workout and do one FAST interval (either a 100 or 200).

Workout #1 : (7-10) x 200 meters @ 43-55 second pace. 30-40 seconds rest between.

Workout #2 : 6-8 Hills of at least 150 m. Jog down for rest.

Workout #3 : (4-6) x 300 meters @ 70-85 second pace. 45 seconds rest between.

Workout #4 : (3-4) x 200, 150, 100. 200 in 43-50 seconds then 30 seconds rest, 150 in 31-37 seconds with 20 seconds rest, 100 in 20-25 seconds with 15 seconds rest. Take 2-minute rest between sets.

II. ENDURANCE WORKOUTS - (1X Per Week)

60-70% effort. Total distance should get up to 3-3.5 miles or 30 minutes. These workouts will build the base needed to benefit from the other workouts we will be doing,

Workout #1 : Easy runs: these should be done at a steady pace where you could carry on a conversation for the first half of the run. Second half you should be able to speak in single sentences.

Workout #2 : Fartlek run: as you run, change speed. Go faster for 30 seconds, slower for 30. Mix it up.

Workout #3 : On a city block you could run the straights & jog the curves, do (10-12) x 300m (easy pace with 1 minute rest)

Workout #4 : When you are short on time, go out for 15 minutes where you run harder for 20 seconds and jog for 40 seconds. Repeat 15 times.

III. INTERVAL WORKOUTS - (1X Per Week)

80-95% effort. Distances from 100m – 400m, with a longer recovery than threshold runs. Total distance is 600m-1800m. These workouts will allow you to sustain a hard effort over a long period of time.

For all of these workouts, you should do a warm-up of 10 minutes of easy jogging followed by some stretching. Also do some form running (high knees, etc.) and some accelerations. Cool down with 5 minutes of easy jogging.

Workout #1 : 4 x 100, 3 x 75, 2 x 50 1-2 min rest

Workout #2 : 2 x 300, 2 x 200, 2 x 100 3 min, 2 min, 1 min rest

Workout #3 : 2 x 200, 2 x 250, 1 x 300, 2 x 250, 2 x 200

Workout #4 : 10 x 100 in 10 minutes run a 100 get rest of minute to jog back before next 100 starts

Workout #5 : 8 x 200m with cut down rest.

Workout #6 : 60 second 400's. (200/200 or 300/100)

Workout #7 : Ladder workout (300/400/500/400/300)

IV. SPEED WORKOUTS - (2X Per Week)

90-95% effort. Distances from 50m – 300m with almost a complete recovery. Total distance from 300m – 800m. The workouts are designed to improve maximum speed.

For all of these workouts, you should do a warm-up of 10 minutes of easy jogging followed by some stretching. Also do some form running (high knees, etc.) and some accelerations. Cool down with 5 minutes of easy jogging.

Workout #1 : 50m - 75m accelerations

Workout #2 : 150 buildups first 50 @ 70% effort next 50 @ 85%, effort last 50 all out

Workout #3 : 3 x 200m, PR + 2 seconds, 6 min. rest

Workout #4 : 8 x 50m, 95% effort, 3 minutes rest

Workout #5 : (3-4) x 100m, 95% effort, 5 min. rest