



## 10-Week Training Plan - Athletics Track and Field

The following athletics or track and field 10-week season plan should be used as a *guideline*. If your athletes will benefit from training at shorter distances, you may adapt accordingly. In addition to conditioning, review the sport specific rules and regulations that will be followed at the local, regional and state competitions. Integrate skills that will best prepare the athletes for success in all aspects of the competition. Note, if the team only practices together once per week, this plan may be modified for training at home between practices. Also, this plan is integrated and includes all track and field events. In Oregon, currently, the high jump is only done by athletes in the pentathlon.

### Preseason

#### *Four weeks before season:*

1. Begin final preparations for the season: Confirm practice location, dates, and times; begin scheduling competition; create agendas for coaches' meeting and orientation and parents', guardians', caregivers' meeting and orientation.
2. Send out promotional flier or brochure to the athletes and coaches.

#### *Two weeks before season:*

1. Conduct orientation and first meeting with coaches.
2. Conduct social get-together for orientation and first meeting with parents, guardians, and caregivers and athletes; involve assistant coaches.
  - a. Provide practice schedule and competition schedule of major events.
  - b. Go through home training program of overall fitness that parents, guardians, and caregivers can do.
  - c. End with food and beverages.



## **Week 1**

*Day 1 - Competition Preparation: may allow athletes to try or "sample" each field event for interest, growth or challenge that matches their individual abilities.*

1. Warm-up, 20 minutes.
2. Marching drill: March for 50 meters five times; emphasize body carriage.
3. Jogging drill: 50 meters; emphasize arm carriage. Coach the alignment of the feet and arms as athlete jogs.
4. Rhythmic hopping: RRR leg, then LLL leg, five times for 10 meters.
5. Softball toss to partner. Play catch. Move athletes farther apart as they progressively gain technique. Do not throw for distance.
6. Jog 300 meters two times. Cool-down jog, but emphasize proper jogging technique.
7. Emphasize slow stretch for 5 minutes.

*Day 2 – Competition preparation: at some point during the practice, get a baseline 100m sprint time on each athlete that may want to be entered in the relay.*

1. Warm-up, 20 minutes.
2. Marching drill: March for 50 meters three times, jog back, rest in between.
3. Rhythmic hopping: RRR leg, then LLL leg, six times for 10 meters.
4. Double-leg hops for 10 meters (five times). Rest after each hop. Give suggestions for technical improvement.
5. Softball toss to partner (warm up for 3-4 minutes).
6. Toss softball at 50% effort to establish throwing patterns. Coaching is needed at this time to emphasize proper throwing actions.
7. Throw softball 8 to 10 times at 75% effort. Stress throwing easy and follow-through action of the arm. Emphasize keeping head up.
8. Have athletes take three consecutive jumps vertically in the air.
  - a. Emphasize proper arm action.
  - b. Have athletes reach for the sky.
9. Repeat, but do five to eight consecutive jumps. Emphasize good landing on both feet. Takeoff should be an explosive effort to jump up into the air.
10. Jog 400 meters slowly. Coach the jog position.
11. Cool-down and stretch.

## *Day 3*

1. Warm-up, 20 minutes.
2. Jog for 400 meters; emphasize proper distance running technique.
3. Introduce the standing start for the 50- or 100-meter dash (5-8 minutes).
4. Practice starts with the gun 8 to 10 times (20 minutes). Distance 30 meters. Do not emphasize speed from the line, only proper takeoff methods and running technique.
5. Standing leaps into the air five times in succession. Repeat three times, total of 15 jumps.
6. Introduce the standing long jump (5-6 minutes).
7. Jog 400 meters three times at 50% of maximum effort. Coach the proper distance running technique. Rest 2 minutes in between each 400-meter run.
8. Toss softball with partner for 2 minutes.
9. Allow athletes to take three full throws for maximum distance. Coach the throws.
10. Cool down for 20 minutes and stretch.



## **Week 2**

### *Day 1*

1. Warm-up and stretching, 20 minutes.
2. Jog for 400 meters; increase running tempo to 50% of maximum effort.
3. Stretch quads and hamstrings for 1 to 2 minutes.
4. Practice starts for 30 meters, five times with the gun.
5. Introduce the running long jump, 20 minutes.
  - a. Use a nine-step approach.
  - b. Establish a takeoff foot for each athlete; keep this the same at all times.
    - c. Take four to six running long jumps into sand pit or on landing mat; be sure to have a restraining line or jump board clearly visible.
6. Jog 300 meters three times; increase running tempo each 100 meters; finish at 80% to 90% of maximum effort the last 100 meters.
7. Cool down and stretch.

### *Day 2*

1. Warm-up and stretching, 20 minutes.
2. Marching walks for 50 meters five times. Jog back and rest.
3. Run 30 meters three times with overemphasis on a high knee action. Develop arm swings.
4. Introduce the 400-meter relay exchange.
  - a. Show relay zones.
  - b. How to hold the baton.
  - c. How to run with the baton.
  - d. How to pass the baton.
5. Make 8 to 10 passes with the baton to a partner in the zone at walking speed.
6. Warm up for the softball throw by tossing ball to a partner 3 to 4 minutes.
7. Take four to six throws for maximum distance.
8. Skip for 50 meters four or five times. Emphasize body position and arm swings.
9. Run 600 meters at 50% of maximum effort. Coach running technique.
10. Cool down and stretch.



## **Week 3**

### *Day 1*

1. Warm-up and stretching, 20 minutes.
2. Running long jump, 15 minutes.
3. Speed endurance workout:
  - a. 4 x 150 meters at 90% effort, rest 3 minutes.
  - b. 4 x 100-meter buildup, rest 2 minutes.
  - c. 4 x 50 meters at 100% effort, rest 2 minutes.
4. Practice relay exchanges at easy pace, 10 minutes, using zones.
5. Introduce shot put—grip and stance.
6. Cool down and stretch, 10 minutes.

### *Day 2*

1. Warm-up and stretching, 20 minutes.
2. Introduce the high jump, 30 minutes.
  - a. Keep bar low.
  - b. Have jumpers scissor-kick over the bar and land on seat/back.
  - c. Show a five-step approach: If taking off with the left foot, move the left foot first from a two-foot standing position; take five steps and jump.
  - d. Show use of arms on the takeoff.
  - e. Use the inside leg (right leg from a left-foot takeoff) as lead leg over the bar.
3. Work on standing start for the 50-, 100-, and 200-meter races. Run 30 meters five times easy.
4. Introduce curve running technique briefly for the 200- and 400-meter sprints.
5. Run 10 meters three times on the curve at 75% effort.
6. Shot put: standing put with high release—15 minutes; drop-back put—emphasize use of legs.
7. Cool down and stretch.

### *Day 3*

1. Warm-up and stretching, 20 minutes.
2. Continue from previous day's work on the high jump technique, reviewing the scissor-kick technique.
3. Introduce the flop technique for the high jump (20-30 minutes).
  - a. Use a five-step approach.
  - b. Use the outside foot as the takeoff foot.
  - c. Inside knee lifts high, along with both arms.
  - d. Have jumper rotate slightly, so that the back goes over the bar first and not the inside leg or knee.
4. Ten to 12 softball throws for technique at 75% effort. Stress technique.
5. Speed-endurance workout:
  - a. 4 x 50 meters at 90% effort, rest 2 minutes.
  - b. 3 x 70 meters at 60% effort, rest 90 seconds.
  - c. 2 x 80 meters at 50% effort, rest 60 seconds.
6. Jog three laps or 1,320 yards for cool-down.
7. Cool down and stretch.
8. Conduct team competition against own team next week on day 3 or off day.
- 9.



## **Week 4**

### *Day 1*

1. Warm-up and stretching, 20 minutes.
2. Jog 400 meters carrying baton.
3. Work on baton passes, with incoming runner approaching as follows:
  - a. Approach from 20 meters out, two times.
  - b. Approach from 50 meters out at 75% effort, two times.
  - c. Approach from 70 meters out at 75% effort, two times.
  - d. Have each athlete work on being an outgoing and incoming runner for this drill.
4. High jump—30 minutes or shot put for technique.
5. Run 4 x 200 meters at 75% effort, rest 3 minutes between each.
6. Cool down and stretch.

### *Day 2*

1. Warm-up and stretching, 20 minutes.
2. Practice track meet:
  - a. Run one 50-meter dash for technique only, at 80% effort; use starting gun.
  - b. Run a 200-meter relay with each athlete running only 50 meters; divide the running track in half and insert three zones; run two or three relays for fun.
  - c. Softball throw for distance: Athletes should throw in proper order; measure each throw.
  - d. Standing long jump: Jump in proper order; rotate through all athletes between attempts; measure all jumps.
  - e. High jump: Place the bar low; have each athlete jump at each height, moving the bar up 3 inches at a time. Each athlete should be allowed three attempts at clearing the bar at any given height. When an athlete misses on three consecutive attempts, the event is over for that athlete.
3. Cool down by jogging 1 mile and stretching.

### *Day 3*

1. Warm-up and stretching, 20 minutes.
2. Interval work:
  - a. 3 x 200 meters at 90% effort, rest 5 minutes.
  - b. 3 x 300 meters at 80% effort, rest 4 minutes.
  - c. 3 x 400 meters at 50% effort, rest 3 minutes.
3. Stretch hamstrings and quads for 5 minutes.
4. Marching walk steps for 100 meters three times. Jog back and rest. Work on staying in lanes.
5. Running long jump: Move to a 13-step approach, 20 minutes.
6. Jog 1 to 1 1/4 miles off the track; make this similar to a cross country run.
7. Cool down and stretch.



## **Week 5**

### *Day 1*

1. Warm-up and stretching, 20 minutes.
2. High jump; work for 30 to 40 minutes on technique.
  - a. Establish a nine-step approach.
  - b. Work on the first four steps in a straight line and the last five steps on a curve into the bar.
  - c. Work at low heights.
  - d. Raise the bar as athlete improves, and work at higher heights to conclude practice session.
3. Shot put: side hop technique—work on leg action.
4. Speed endurance workout:
  - a. 4 x 50 meters at 90% effort, rest 2 minutes.
  - b. 3 x 70 meters at 60% effort, rest 90 seconds.
  - c. 2 x 80 meters at 50% effort, rest 60 seconds.
5. Cool down and stretch.

### *Day 2*

1. Warm-up and stretching, 20 minutes.
2. Softball throw: technique stressing throwing with the legs and the hips first, followed by the arm and wrist snap, 20 minutes. This work should initially be done without using a ball. When the athlete has the general methods, introduce the ball for several easy tosses at 80% effort.
3. Repeats:
  - a. 2 x 800 meters at 75% effort, rest 10 minutes.
  - b. 2 x 600 meters at 75% effort, rest 8 minutes.
4. Jog 5 minutes around campus or park for cool-down, then stretch.

### *Day 3*

1. Warm-up and stretching, 20 minutes.
2. Introduce rope jumping for 15 minutes.
  - a. Emphasize leaping ability.
  - b. If athlete cannot use rope, go to a plyometric exercise; five double-leg hops for 30 meters; walk back and rest. Five single-leg hops for 30 meters; walk back and rest. Skipping for 100 meters five times; jog back and rest.
3. Work on running long jump, 20 minutes.
  - a. Establish a 13-step approach.
  - b. Work on accelerating all the way to the board.
  - c. Work on sprint technique.
  - d. Work on takeoff. Emphasize explosive force in the jump.
  - e. Work on two-foot landing. Momentum should carry athlete forward after the landing.
4. Softball throw for distance: Work 10 to 15 minutes on technique.
5. Cool down and stretch, 10 minutes.



## **Week 6**

### *Day 1*

1. Warm-up and stretching.
2. Prepare athletes for competition on third day of this week; athletes may choose to compete in two events.
3. Go through each event slowly and let the athletes have fun on this day. Do everything in moderation.
4. Work on shot put or softball throw.
5. Practice relays; run 4 x 100-meter relay three times, rest 5 to 8 minutes.
6. Cool down and stretch.

### *Day 2*

1. Warm-up and stretching.
2. Volume intervals; 10 x 200-meter run at 50% effort, rest 2 minutes.
3. Practice athletes' events.
  - a. Emphasize starting position.
  - b. Emphasize key elements of the events; give only one or two coaching points at most.
4. Have a team meeting.
  - a. Go over everything the athletes need to know for the competition.
  - b. Prepare the athletes as though they were going into area or chapter Games.
5. Cool down and stretch. Stress team unity at this time.

### *Day 3*

1. Team meeting. Go over events with each athlete and explain how the team will act together while at the competition site.
2. Warm-up and stretching.
3. Start competition. Have athletes competing in later events watch the current events. Invite parents and other school members.
4. Record all events, times, and distances.
5. Give awards; have them made in school if possible.
6. Stress to all athletes that they should cool down after they compete.



## **Week 7**

### **Day 1**

1. Warm-up and stretching.
2. Work with athletes to determine which events are best suited for them.
3. Break up athletes into groups according to events.
  - a. All athletes should work at event 1 for 30 minutes with coach.
  - b. After 30 minutes, bring athletes together, stretch again, jog 800 meters slowly, and then go to event 2.
  - c. If you have no assistant coaches, designate one athlete as leader in each event. Coach one group while another group works by itself.
  - d. Give instructions to the group working by itself.
4. Speed work:
  - a. 4 x 100-meter buildups at 90% effort, rest 2 minutes.
  - b. 4 x 75-meter buildups at 90% effort, rest 2 minutes.
  - c. 4 x 50-meter buildups at 100% effort, rest 4 minutes.
  - d. 4 x 50-meter buildups at 90% effort, rest 2 minutes.
5. Cool down and stretch.

### **Day 2**

1. Warm-up and stretching, 20 minutes.
2. Work on relay exchanges, three to five times, with incoming runner running 50 meters. Have outgoing runner work on visual exchange (looking for the baton).
3. Have all athletes work on the running long jump or high jump, 25 to 30 minutes.
4. Have all athletes finish the workout practicing one of their selected events.
5. Have a cross country run of 1 1/2 miles around campus or park.
6. Cool down and stretch.

### **Day 3**

1. Warm-up and stretching, 20 minutes.
2. Mini-competition among team members in selected events.
3. Prepare for a Friday or Saturday competition against another school or team.
4. Make final arrangements for the team competition against another opponent. It is highly recommended that two or three teams be included.

### **Day 4**

1. Mini-team competition against another team or school.
2. This competition can be set up in a variety of ways, and your local high school or college coach is one of your best sources of help if asked well in advance.





## **Week 8**

### *Day 1*

1. Warm-up and stretching, 20 minutes.
2. Run 3 x 100-meter buildups.
3. Speed workout:
  - a. 5 x 30-meter sprints at 100% effort, rest 3 minutes.
  - b. 5 x 50-meter sprints at 100% effort, rest 4 minutes.
  - c. 2 x 75-meter sprints at 75% effort, rest 2 minutes.
4. Go to individual events for 30 minutes of work.
5. Go to second individual events for only 15 minutes of work. Go through these events just for technique.
6. Cool down and stretch.

### *Day 2*

1. Warm-up and stretching, 20 minutes.
2. Run 3 x 50-meter buildups.
3. Everyone participates in the following:
  - a. Five running long jumps, 15 minutes.
  - b. Frisbee throw, three throws, 10 minutes.
  - c. Standing long jump, three jumps, 10 minutes.
  - d. Softball throw, three throws, 10 minutes.
  - e. 800-meter or 1-mile run, 10 minutes or longer.
  - f. Record distance and time of each athlete's performance.
4. Cool down and stretch.

### *Day 3*

1. Warm-up and stretching, 20 minutes.
2. Speed endurance workout:
  - a. 4 x 150 meters at 75% effort, rest 3 minutes.
  - b. 4 x 200 meters at 75% effort, rest 4 minutes.
  - c. 4 x 100 meters at 100% effort, rest 5 minutes.
3. Team meeting in preparation for local qualifying competition.



## **Week 9**

### *Day 1*

1. Warm-up and stretching.
2. Work with athletes to determine which events are best suited for them.
3. Break up athletes into groups according to events.
  - a. All athletes should work at event 1 for 30 minutes with coach.
  - b. After 30 minutes, bring athletes together, stretch again, have them jog 800 meters slowly, and then go to event 2.
  - c. If you have no assistant coaches, designate one athlete as leader in each event. Coach one group while another group works by itself.
  - d. Give instructions to the group working by itself.
4. Speed work:
  - e. 4 x 100-meter buildups at 90% effort, rest 2 minutes.
  - f. 4 x 75-meter buildups at 90% effort, rest 2 minutes.
  - g. 4 x 50-meter buildups at 100% effort, rest 4 minutes.
  - h. 4 x 50-meter buildups at 90% effort, rest 2 minutes.
5. Cool down and stretch.

### *Day 2*

1. Warm-up and stretching, 20 minutes.
2. Work on relay exchanges, three to five times, with incoming runner running 50 meters. Have outgoing runner work on visual exchange (looking for the baton).
3. Have all athletes work on the running long jump or high jump, 25 to 30 minutes.
4. Have all athletes finish the workout practicing one of their selected events.
5. Have a cross country run of 1 1/2 miles around campus or park.
6. Cool down and stretch.

### *Day 3*

1. Warm-up and stretching, 20 minutes.
2. Mini-competition among team members in selected events.
3. Prepare for a Friday or Saturday competition against another school or team.
4. Make final arrangements for the team competition against another opponent. It is highly recommended that two or three teams be included.



## **Week 10**

### *Day 1*

1. Warm-up and stretching, 20 minutes.
2. Run 3 x 100-meter buildups.
3. Speed workout:
  - a. 5 x 30-meter sprints at 100% effort, rest 3 minutes.
  - b. 5 x 50-meter sprints at 100% effort, rest 4 minutes.
  - c. 2 x 75-meter sprints at 75% effort, rest 2 minutes.
4. Go to individual events for 30 minutes of work.
5. Go to second individual events for only 15 minutes of work. Go through these events just for technique.
6. Cool down and stretch.

### *Day 2*

1. Warm-up and stretching, 20 minutes.
2. Run 3 x 50-meter buildups.
3. Everyone participates in the following:
  - a. Five running long jumps, 15 minutes.
  - b. Frisbee throw, three throws, 10 minutes.
  - c. Standing long jump, three jumps, 10 minutes.
  - d. Softball throw, three throws, 10 minutes.
  - e. 800-meter or 1-mile run, 10 minutes or longer.
  - f. Record distance and time of each athlete's performance.
4. Cool down and stretch.

### *Day 3*

1. Warm-up and stretching, 20 minutes.
2. Speed endurance workout:
  - a. 4 x 150 meters at 75% effort, rest 3 minutes.
  - b. 4 x 200 meters at 75% effort, rest 4 minutes.
  - c. 4 x 100 meters at 100% effort, rest 5 minutes.
4. Team meeting in preparation for final competition such as state, provincial, or national Games.
5. Collect uniforms following competition if possible.

## **Postseason**

1. **Meet with coaches to evaluate the season and each athlete in preparation for next year.**
2. **Conduct end-of-season celebration to include all constituents: parents, guardians, caregivers; athletes; coaches; and any other school or support personnel who have helped your program.**
  - a. **Provide certificates and acknowledgement of improvements to all athletes and volunteers.**
  - b. **Show video highlights or PowerPoint with pictures highlighting season.**
  - c. **Finish with food and beverages and music.**
  - d. **Provide postseason fitness program to athletes.**
3. **Review uniform and equipment inventory; make notes as to what needs to be replaced for next year; store.**
4. **For those athletes not participating in the next sport season, communicate and suggest a fitness plan.**