

Our Club's Fall Conditioning Track and Field Program will start September 20 and will continue until November 5, every Tuesday and Thursday from 6:00-7:00PM. Practices are held at James Monroe High School.

Fall Conditioning is for field events and running. The conditioning program focuses on developing good running mechanics, building stamina and core strength (for runners and other events), and improving speed endurance. It is for both new / inexperienced track athletes interested in improving their off season conditioning.

Being willing to follow coaching instructions and work hard will result in noticeable running form and fitness improvement by the end of the program. Workouts will be adjusted / modified based on a runner's age, ability and fitness.

Program

Open to boys and girls age 6 – 18, both experienced and beginners.

Practices/Workouts

Practices are:

- **Tuesdays 6:00pm - 7:00pm @ James Monroe High School**
- **Thursdays 6:00pm - 7:00pm @ James Monroe High School**

Meets/Competitions

There are NO meets, since Track is a Spring/Summer sport and there are no field event workouts in this program. A season-ending 'assessment' will likely take place on Tuesday, November 5.

Fees

a) \$150 per athlete or \$20 for a drop in session

Program fees cover all insurance, coaches stipends, supplies, and facilities permits.

Example Conditioning Workout:

Warmups consisting of Active and Dynamic Drills – 15 min

Strength/Endurance/Core - 40 min

Cool Down – 5 min

Drills/Workout Examples Below:

I. In Place Jumps

- Straddles
- Splits
- Double Leg Butt Kicks
- Single Leg Butt Kicks
- Tucks
- Stars
- Russian Kicks
- Slalom Lines
- Single Leg Squats
- Prisoner Squats
- Pogos
- Lunge Good Mornings
- Downhill Skiers
- Lateral Squat Jumps
- Rockets
- Speed Skaters

II. Bounding

- Bounds
- Single Leg Hops
- Double Leg Hops for Distance
- Double Leg Hops for Speed
- Hop Step Step
- Straight Leg Bound to Bound
- Hop Hop Step Step

III. Box Jumps

- Progressive Box Jumps
- Depth Jumps

IV. Hurdle Hops

- Hurdle Hop Consecutive
- Hurdle Hop Pause

V. Abdomen Circuit

- Crunches
- V-sits

- Opposite Knee (Chinnies)
- Back Bike
- Toe Touches
- Double Leg Eagles
- Leg Toss
- Back Hypers
- Side Ups

VI. Medicine Balls

- Overhand Partner Toss
- Chest Pass
- On Knees Partner Toss
- Side Toss
- Back to Back Exchange
- Overhand Backward
- Underhand Forward
- Leg Curls
- Soccer Kicks
- Superman
- Knee Toss
- Seated Roll
- Prone Catch and Toss

VII. Multi Shot Throws

- Overhand Backward
- Underhand Forward
- Lunge Throw
- Squat Throw
- Hop Hop Forward
- Hop Hop Backward

VIII. General Strength Circuit

- Crunches
- Pushups
- V-sits
- Hand Clap Pushups
- Toe Touches
- Decline Pushups
- Chinnies
- Hand Stand Pushups
- Double Leg Eagles

IX. Weight Room

- Squat
- Cleans
- Snatch
- Bench
- Step Ups
- Lunges
- Pullover
- Take Off Punches
- Lats
- Leg Curls
- Leg Extensions

X. Track Workouts

- Mechanics Drills
- A's
- B's
- Straight Leg Bound
- High Knee
- Backward High Knee
- Backward Run
- One Legged Straight Leg Bound
- One Legged Straight Leg Bound A's
- Tempo Runs
- Hill Running
- Stair Runs
- Absolute Speed
- Stick Drill