

2024 Preseason Practice Plan

Every Tuesday from Feb 13 to Mar 19 (6 weeks total)
5:30 to 6:45 PM

Warm-Up (15 min)

- 2 laps of the track at an easy pace (800m)
- Dynamic Warm-up (most of drills can be seen here:
<https://www.youtube.com/watch?v=iYydr1kZQt8>
 - Hamstring Scoops
 - Quad Stretch
 - Glute Stretch (knee to chest hugs)
 - Toe Walking
 - Heel Walking
 - Skip & Roll
 - Lateral Lunges
 - Forward Lunges
 - "A" Skips
 - "B" Skips
 - "C" Skips

Middle / Long Distance Running (25 min)

- 600m "moderate run" (60-70% intensity)
- 3 minute break
- Intervals of 100m "hard run" (80% intensity) and 100m "slow jog" X 3 (600m total)
- 3 minute break
- 1000m "moderate run" (60-70% intensity)
- 3 minute break

Plyometrics (10 min)

- Two foot small hurdle jumps X 6
- Lateral shuffle/bounding through agility cones
- Then, REPEAT except hurdle jumps will be landing on ONE foot only

Sprints (15 min)

- 60m "almost full effort" (90% intensity) X 3
- 100m "hard" (80% intensity) X 2
- Breaks will occur while waiting for next heat to complete their turn

Cool Down (10 min)

- 2 laps of the track at an easy pace (800m)
- Static stretching of all major muscle groups led by Coach Pat