

# Track & Field Workouts

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## Warm up

Warm up as a team, then **separate into 3 main groups**: (1) Endurance athletes, (2) Mid-distance (3) sprinters, jumpers, throwers. A senior group leader/leaders will be helpful as they oversee the work performed per group.

**Event Specific Training.** Specificity of training will positively impact performance.

## Training principles:

**Train event specific:** Long slow distance will make sprinters slow and hurt performance of throwers and jumpers, and it deter progress for mid-distance runners needing to build fast-twitch fiber for better starts, surges, and kicks.

**Focusing on quality** of training improves performance, focusing on the volume of training decreases performance, even for endurance athletes.

**Training sequence: Heavy/light/heavy/light/off** (one of the heavy days needs to have a Championship 200 or 400 Ladder to push the body to a new level – but only one day a week or you may injure your athletes).

**Think in terms of using all three muscle fiber types;** slow, fast, and super-fast, and focus on the nervous system firing of super-fast fiber for event specific movements.

**All running events in track are timed, and speed wins regardless of distance. "Train fast to be fast."** Running, jumping or throwing at a slower pace than expected performance during a track meet will hurt performance. Most races are lost based not by the lack of endurance, but the lack of speed. It is possible to double endurance capacity in two weeks, but it takes months to progressively build fast-twitch muscle fiber and flexibility.

**In track and field, athletes are on their own during meets** to a degree, and it's important to train athletes to prepare themselves by planning ahead for their events.

**Training process:** Post workouts, have group leaders check off athletes as they finish their daily workout assignments. Complete following segments in groups.

**Teaching point 1:** Make athletes responsible for bringing warm-up suits, and event warm up. Simulate Race Day thinking at least one day a week. "Check their focus and thinking" EX. During meets, dress warm after warm ups, then take off warm up suits before event. Don't waste energy trying to stay warm by not wearing enough clothes especially during cool weather nights.

**Teaching point 2:** teach all runners to focus on one technique aspect during every run. EX. Rep 1; have athletes focus on dorsiflexion. Rep 2; focus on arms. Rep 3; knee lift. Rep 4; don't think, perform. With jumpers, Rep 1; run up approach. Rep 2; height. Rep 3; takeoff with slight body drop before jump. Rep 4; don't think, internalize technique and perform.

## **Endurance Events 800 meters and up**

### **Workout A. (Monday)**

1. Warmup
2. 4 x 400 (all high quality with plenty of recovery)
3. Run actual track event (self-timed) or time one 500 meters ((plus 100 meters)
4. 5 starts; (approx 40 yards of simulated event)
5. 10 bleachers runs or 3 sets of 8 of single leg-leg jumps

### **Workout B. (warm up and plyos with team)**

1. Warm-up (and include practicing baton handoffs in warm up)
2. Plyometrics: high knees (2 sets of 20 yards, walk between)
  - butt slaps
  - glass wall
  - side-to-side
  - A Skips
  - Single leg bounds (drum major)
3. 1 actual race (EX. 800, or 1500) time, get experienced athletes to help time others, or recovery-paced mileage.
4. 4 x 150
5. Strength Training

### **Workout C. (Wednesday)**

1. Warm-up
2. Hardest day of the week – Championship 400 Killer ladder: 60, 100, 200, 300, 400, 800, 400, 300, 200, 100, 60
3. 3 sets to crunches to failure

### **Workout D.**

1. Event rehearsal day. Warm-up on their own just like race day.  
"Check their focus and thinking"
2. Run the event
3. Practice Relay handoffs
4. Strength training

### **Workout E.**

- OFF or warm-up - practice handoffs
- Upper body strength training

## **Mid-distance Events (400 meters and long hurdles)**

### **Workout A.**

1. Warm-up
2. 4 X 200 (all high quality with plenty of recovery)
3. Run actual track event – timed, or time one 500
4. 5 starts; (approx 40 yards of simulated event)  
400 runner do block starts on the turn
5. 10 bleachers runs or 3 sets of 8 of single leg-leg jumps

### **Workout B. (warm up and plyos with team)**

1. Warm-up (and include practicing baton handoffs in warm up)
2. Plyometrics: high knees (2 sets of 20 yards, walk between)  
butt slaps  
glass wall  
side-to-side  
A skips (mach drills)  
Single leg bounds (drum major) build to ten sets of this drill
3. 1 actual race (EX. 400) time, get experienced athletes to help time each other.
4. 4 X 150
5. Strength training

### **Workout C. (Wednesday)**

1. Warm-up
2. Hardest day of the week – Championship 200 ladder
3. 3 sets to crunches to failure

### **Workout D.**

1. Event rehearsal day. Warm-up on their own. “Check their thinking” for event prep.
2. Run the event (plus 100 meters) including starting blocks and hurdles. Practice handoffs
3. Strength training

### **Workout E.**

- OFF or warm-up - practice handoffs  
Upper body strength training

## **Sprinters 100 & 200 meters Hurdlers & Jumpers**

### **Workout A.**

1. Warm-up
2. 4 X 60 (all high quality with plenty of recovery)
3. 4 starts on the straight, 4 starts on the turn; (approx 30 yards of the simulated event of the start thru drive phase) \*(during starts jumpers jump 10 high quality jumps)
4. Run one actual event(s)
5. 10 bleachers runs or 3 sets of 8 of single leg-leg jumps

### **Workout B. (warm up and plyos with team)**

1. Warm-up (and include practicing baton handoffs in warm up)
2. Plyometrics: high knees (2 sets of 10-20 yards, walk between)  
butt slaps  
glass wall (build to ten sets of this drill)  
Side-to-sides  
A skips (mach drills) (build to ten sets)  
Single leg bounds (drum major)
3. 1 actual race (EX. 100, 110 hurdles) group leader timing, get experienced athletes to help time each other from block starts.
4. 4 X 150
5. Strength training

### **Workout C.**

1. Warm-up
2. 5 block starts
3. Hardest day of the week – Championship Sprinters Ladder: 2 X 60, 2 X 100, 2x 200, 2x 100, 2 x60  
\*(jumpers leave before the 200 to jump 8 high quality jumps).  
The second 200 and down the ladder, should be hard.
4. 3 sets to crunches to failure

### **Workout D.**

1. Event rehearsal day. Warm-up on their own. "Check their thinking."
2. 4 block starts on the straight, 4 in the turn.
3. Run the event(s) (plus 20 meters) \*or jump
4. 5 Bleachers (on rep 2 and 4 do the Drive Phase Lunges)
5. Strength training

### **Workout E.**

- OFF or warm-up - practice handoffs  
Upper body strength training

# Throwers

## Workout A.

1. Warm-up with team
2. 2 throws at 50%, 2/75%, 2/90% speed
3. 10 Dry technique throws (very fast for overspeed training)
4. 8 high-quality throws
5. 10 bleachers runs or 3 sets of 8 of single leg-leg jumps

## Workout B. (warm up and plyos with team)

1. Warm-up with team
2. Plyometrics: high knees (2 sets of 10-20 yards, walk between) – with team  
butt slaps  
glass wall (build to ten sets of this drill)  
Side-to-sides  
A skips (mach drills) (build to ten sets)  
Single leg bounds (drum major)
3. Warm up and 20 throws.
4. Strength training.

## Workout C.

1. Warm-up with team
2. warm up throws, 8 hard throws
3. Strength training.
4. 3 sets crunches to failure

## Workout D.

1. Event rehearsal day. Warm-up on their own. "Check their thinking."
2. Warm up
3. Simulate meet, Best of 3, and best of 6 throws. Visualize being at state meet.

## Workout E.

- OFF or warm-up –  
6 Throws simulating competition

# Training Guidelines

## Flexibility improvement is always home work

Static Stretching at home or after every workout with the 10-Minute Stretching Routine 30-second stretch holds. **Only takes 10 Minutes** four times a week for results.

## Train with weekly focus:

Focus on training plan for the week and make adjustments for weather, tests, etc.

Training goals per day:

Day 1. Heavy volume day,

Day 2. Light volume day

Day 3. Heavy (with one killer day per week)

Day 4. Light day, event rehearsal.

Day 5. off.

Weekends: stretch, work on technique, don't over train.

Ideally, Workout A would be on Monday, B on Wed and C on Friday with a fun day of fast/explosive competitive games in between two to three teams for game competitions—games like racing 40 yards in a sprint relay with 20 clap push ups in between. Teams with fair mixture of sprint and distance athlete could compete for how many bleacher lunges they can do with 50 pounds on shoulders, or numbers of up/downs with 10 to 25 curls in between. Mix the teams to make the competitions close, and change teams. Goal is to have fun, prepare for competition and to get fast fiber and connective tissue to experience fast and fun movements.

Weekly, create baton-passing relay competitions with two sprinters and two distance athletes and race for 60 meters with a 10 meter acceleration zone. Blind fold one athlete per team so other team members coach during the event.

## Event Specific Training:

Muscle and the nervous system adapts to event specific training. If you want to create great cross-country endurance athletes, train long and slow replicating the event with parts of the training performed at faster-than-race-pace during 15 to 30-second surges. For endurance athletes, the heart muscle adapts to the way it is trained, and running mileage slow will not make endurance athletes faster.

Sprinting events and mid-distance events are speed races today. Since the body adapts to the way it is trained, train fast to be fast. And train specifically for the event by simulating event specific movements during training. Speed training should seek to reprogram the nervous system to move faster (within good technique) and should build fast-twitch muscle fiber with flexibility for stronger more elastic muscles.

All T & F athletes should focus on training the SPECIFIC MOVEMENTS of each event by training the three muscle fiber types and nervous system that recruits muscle fiber in the muscles specifically used in their event.