

How To Design A Workout

The PBJ Method

A. Warm Up (top slice of bread)

1. Increase muscle temperature
2. Move blood into capillaries
3. Increase Range of Motion
4. Skills

Walk 50

Jog 50

walk backwards

head circles L/R

arm circles front/back

jog backwards

arm cross overs

10 jumping jacks

5 waist rotations each direction

10 fig 8's

5 ankle circles each direction

5 leg circles each direction

6 leg swings on each leg

5 ankle flexions

Paws

ankling

fanny kicks

A/B/C

5 donkey kicks

5 Ashfords/

2 x 50 half

2 x 50 strides

2 x 50 90%

Warm Up Skills

C. Cool Down (bottom slice of bread)

1. Redistribute blood from large muscles
2. Recovery
3. Social/Mental
4. Information
5. Skills

Cool Down Skills:

1. 2 x 50 m Strides
2. 2 x 50 m Jogs
3. 2 x 50 m Walk
4. Static Stretches

a. Arms

b. Hamstrings

c. Quads

d. Groin

e. Other

View Ridge Rebels Middle School
Track and Field

Day:
Date:
WO:
WX:

Warm Up

jog 50 walk 50 repeat 4 times/jog backwards 20/walk backwards 20/head circles/arm circles front and back/arm cross overs/10 jumping jacks/5 waist rotations each direction/10 fig 8's/5 ankle circles each direction/5 leg circles each direction/6 leg swings on each leg/5 ankle flexions/ Paws/ankling/fanny kicks/A/B/C/5 donkey kicks/5 Ashfords/ 2 x 50 half/2 x 50 strides/2 x 50 90%

Training Unit

Cool Down

2 x 50 stride/2 x 50 jog/2 x 50 walk (all barefoot)/arms,shoulders,hang,quad,calf,hamstring,groin

Announcements

Training Unit Design (Peanut Butter and Jam)

a. Calendar

b. Work backwards from end of season

April – June 2013

S	M	T	W	Th	F	S	
			Spring	Break			
7	8	9	10	11	12	13	Pre Season
	1	2	3	4	5		
14	15	16	17	18	19	20	Pre Season
	6	7	8	9	10		
21	22	23	24	25	26	27	Pre Season
	11	12	13	#1	15		
28	29	30	1	2	3	4	Early Season
	16	17	18	#2	20		
5	6	7	8	9	10	11	Early Season
	21	22	#3	24	ASB dance		
12	13	14	15	16	17	18	Mid Season
	25	26	#4	28	29		
19	20	21	22	23	24	25	Mid Season
	30	31	Parent Conferences		#5		
26	27	28	29	30	31	1	Mid Season
	Memorial Day	33	34	#6	36		
2	3	4	5	6	7		Late Season
	37	38	#7				

Training Unit 10 Ap 2012

A. Field Event Intro

1. Boys: LJ
Girls: Turbo Jav
2. Switch

B. Kosmin Test (pair up)

C. Relay Intro

1. Open hand-off with lines of 4 – 8

Training Unit 29 Ap

Sprinters/Hurdlers/Jumpers/Throwers

DR's

400 the Hard Way

1 x Ten Minute run

Walk Two Laps

1 x Six Minute run

Favorite Field Event Work (30 min)

1 x Four Minute run

4 x 100 Relay Hand offs/Favorite Field Event

Field Event (?)

Training Unit 28 My

Sprinters/Hurdlers/throwers

DR's

3 x 300 x 500 @90%

3 x 600 x 600 jog @ date

pace

Walk 2 laps

Walk 3 laps

Field Event

Field event

relay handoffs

Training Unit 3 Je 2012

Sprinters/Hurdlers/throwers

DR's goal pace

1 x 250 x 2 lap walk

1 x 300 x 600 jog @ pace

Field Event

Field event

relay handoffs