2021 Conner Middle Track & Field

Pre-Season Conditioning

Here’s a tentative training schedule before we begin official practice on 3/15. Take it easy at first. Train don’t strain!

Before and after every workout, make sure you take time to stretch and loosen your muscles. Refer to pages 2-3 demonstrating various before/after stretching techniques. Drink plenty of water and stay hydrated throughout your training day.

**Week #1**

Monday:

* Everyone stretch (pg. 2)
* 10-20 minute run. When you first begin running, walk as needed until you slowly build up your endurance.
* Cool down and stretch (pg. 3) You’re done…great first day!

Wednesday:

* Everyone stretch (pg. 2)
* **If you would like to be a Sprinter, Hurdler, or Field Events(100m/200m/400m/HJ/LJ/SP/DI):**
  + Start with a 5-7 minute easy jog.
  + Run 3-5 100 or 200 meter sprints-slow jog back to where you started and rest briefly.
  + End with a 5-7 minute easy jog.
* **If you would like to be a Distance Runner(800m/1600m/3200m):**
  + Run 20-30 minutes-walk as needed until you slowly building up your endurance.
* Everyone cool down & stretch (pg. 3)

Friday:

* Complete the same schedule as Wednesday.
* End by completing Mrytl Routine (pg. 4)

**Week #2:**

Follow the same training schedule as week #1, but slightly increase your sprints or distance based on your endurance ability.

Questions?

Coach Jo Pennington [jo.pennington@boone.kyschools.us](mailto:jo.pennington@boone.kyschools.us)

Coach Steve Vanlandingham [stevevanlandingham99@gmail.com](mailto:stevevanlandingham99@gmail.com)





