BCS VIRTUAL WORKOUT RUNNING PROGRAM

Produced by BCS Head Track Coach, Aaron Margene

It is very difficult to improve cardiovascular conditioning only running one to two days per week (although it is sufficient enough to maintain cardiovascular levels) so I mostly included workouts that work the Central Nervous System. The immediate feedback that you get will likely be the workout was "easy". It's best to ask them the next day how they feel.

Starting Positions

Flys = the athlete is already moving at top speed when they hit the starting line and continues at top speed through the finish

Block start = the athlete stands statically in a high knee walk position. They will slowly lean forward until they can no longer maintain balance at which point they accelerate as hard as possible through the finish. Alternate lead legs

Standing start = traditional starting position for running repeats or training runs

Timing

Have a sibling or parent time them rather than timing themselves. Many of the distances are too short for them to be able to time themselves accurately. Having the athlete record times will provide accountability and a measurement for improvement.

Rest

because these workouts are working the CNS and not the heart/lungs it is very important to keep the rest times even if they seem excessively long. You have to allow the CNS time to recover before taxing it again.

Distances

it is not necessary that the distances be exact, so they do NOT have to go out and measure 90 meters with a tape measure. They can step off the distances.

SEE THE 10 WORKOUTS ON THE NEXT PAGE- Consult with your team coordinator regarding which exercise you do.

Remember to warm up and cool down. Never neglect flexibility and hydration when performing a running routine.

Adjustments- If you don't have a track that is open- go to a park or secluded street for the needed running areas.

1. 400 THE HARD WAY-The athletes will do 10 x 40 meter flys. Time them and add them up. This is a great workout to motivate the athlete. The intensity of the workout is awesome. They'll produce some great 400 times, doing the 400 in segments of 10, 40 meter flys.

2. 1 x 43 seconds at 100% off a fly, with a 90 second rest followed by a 200 meter sprint. If your athletes don't understand lactic acid levels and their effect on the human body, they will after this workout. This workout doesn't seem like much, but it's monstrous.

3. 6 x 30 meter flys (5 minutes rest between flys), followed by either 5 x standing broad jumps or standing single leg triple bounds.

4. 6 x 30 meter flys off speed squats. The athlete will do 15 speed squats then do a 30 meter fly. Repeat 6 times. (5 minutes rest between flys)

5. 2 x 300 meter flys at 95-100% with a 20-30 minute rest.

6. The 9's - 9 x 90 meters at 90% with a 90 second recovery.

7. 4 block 30 and 4 fly 30's. You should have a 1 second differential in the block 30's and the fly 30's. Again, it doesn't seem like much but the workout is extremely hard on their nervous system.

8. 6 x 60 out of blocks. Time these. I use 60 meters, because I want them to complete the acceleration phase and transition into the next phase of their race. Your 60 meter block time should equal a 30 meter block + a 30 meter fly.

9. 6 x 30 meter corner to straight away transitions. The athlete will run off the corner to the straight away. The athlete will hug the corner and then move to the middle of the lane as the corner meets the straight. The athletes will feel like they been sling-shot off the corner. They'll know when they do it correctly, because they'll feel that sling shot feeling. (Try to find a curved road in the neighborhood to run this workout)

10. 60 second pool workout. The athlete swims (hard) in a pool to one end. If they make it in 25 seconds, they get 35 seconds to rest. If they make it in 20 seconds, they get 40 to rest. Their total swim and rest time is 60 seconds (i.e. they start the next interval every 60 seconds regardless of the time it took them) 30 minutes total swim time