TRACK PRESEASON WORKOUT IDEAS

During the track season all students will be able to practice all events. However at actual meets, each student can only participate in up to 3 events. Listed below are all the events, please feel free to attempt any of the following.

60 meter (6th graders only)
100 meter
200 meter
400 meter
800 meter
1600 meter
4 X 100 relay
60 meter hurdles
High jump
Shot put
Discus
Long jump

For workouts please start to run on your own, after school or on the weekends. Please do this safely, with your parent's permission, and in the daylight hours. Any type of running will give you an advantage over others when practice begins mid April. One exercise we recommend to all runners is called "ins and outs." Ins and outs at training distances of 20-60 meters are an outstanding way to develop speed and relaxation. Below are two example workouts.

20 meters fast (run) + 20 meters easy (jog) + 20 meters fast = 60 total meters; repeat 3X

after two weeks change to the following

30 meters fast + 30 meters easy + 30 meters fast = 90 total meters, repeat 5X

To train more for distance and endurance do a very relaxed workout using a partner which includes a 2 X 80, 2X 100, 2 X 140, and 2 X 150.

Like we had stated earlier, running on your own will only better prepare you for the actual season. Any running workout will do, above are just some ideas for both long and short distance runners. Please remember to properly stretch before and after all workouts.