

**Pre-Season Training (100/200/400m & 800m for 400 sprinters moving-up)
Microcycle (Weekly) Jan-Feb-Mar-Apr-May**

Note: Start with 1 Warm-Up lap, Plyometrics (5 min), & 4 x 20m built-ups. End with Cool Down jog & static stretching (10 min).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Week 1 Pre-Season	6 Speed—Fly's (Block Start or 4pt stance) 6 x 55m straight 6 x 55m curve Rest: walk back, 10 min rest between sets.	7 3 x (300m @ 90%—walk 100m, 200m 85%,—walk 50m, 50m 100%). R = 4' between sets	8 Running shoes only—No spikes 400-runners: Mile run @ fast pace. R = 4'. 2 x 10 Hill sprints. Others: 2x350 @ fast pace R = 2'. 2 x 10 Hill sprints. 4 x 40m Fly Athletes, Parents, Coaches Meeting @ PAC 6-7 PM.	9 200/400m Relay Practice (for indoor meet) Others: 8 x 200 @ 70% R = 2' (Out by 3:15 PM Soccer, Girls)	10 2 Warm-up laps (barefoot on grass), all plyos, & 10' static stretches 10' Bodyweight circuit (Squat Jumps, Bridge, Plyo-Lunges)	11 Pre-Season Meet at Pacifica High School @ 1030
12 Week 2	13 Speed & Core:: 6 x 40m Fry's, alternate Push-ups (15) and Sit-ups (15) between runs. R = jog back. Note: Warm-ups start at 2:45PM, work out starts @ 3PM	14 5 x 100m (curve) buildups: 1st 50 = 75%, 2nd 50 = 80%, 3rd 50 = 90%. R = walk back. (Out by 3:15 PM Soccer, Boys)	15 Warm-ups only for those participating in tryout. Others, 10 x 50m Fly's. R = walk Tryout (100/200/400m) @ 3:30PM	16 200/400m Relay Practice (for indoor meet) Others: 2 x Stairs (bleacher) (1st set all steps, 2nd set skip 1 step). 5-min recovery between sets. (Out by 3:15 PM Soccer, Boys)	17 Indoor meet only: 2 Warm-up laps (barefoot on grass), all plyos, & 15' static stretches. Others: Core: 4 x 10 Push-ups, 10 Sit-ups. Weight training. (Start with 20 lbs (girls 10lbs) + bar and increase 5 lbs per week for next 3 weeks). 3 sets of 12, Squat (or leg press), Bench press (or chest press) & Deadlif. Tryouts (800/1600) @ 3:30PM	18 California State Indoor HS qualifying meet @ Westmont College Santa Barbara
19 Week 3	20 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">No School</div>	21 4 x 250m @ 80%. Walk back recovery between runs. R = 5' Core: 2 x 10 Push-ups, 10 Sit-ups. (Out by 3:15 PM Soccer, Girls)	22 4 x 150m Interval (alternate Sp/stride 50m). R = Walk back. R = 5'. Fly's, Crouch stance 6 x 25m.	23 Turnover workout 10x20m (High knees) 10x20m (Quick feet) 2 x 100m build-ups curve. R = jog back. (Out by 3:15 PM Soccer, Boys)	24 Running shoes only - No spikes. 400-runners: 10' run (Go out for 6 minutes, turn around and come back in 4 minutes.) Others: 5' run @ just above pace. Weight training	25 Rest
26 Week 4	27 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">No School</div>	28 Fly's Crouch stance 6 x 25m (3pt), 6 x 50m (4pt - block start) R=3' Core: 2 x 10 Push-ups, 10 Sit-ups. (Out by 3:15 PM Soccer, Boys)	29 2 x 2 x 300 @ 90% (B = 50-53, G = 61-64) R= 100m jog between reps, 7 minutes between sets 400m barefoot cool-down on grass	30 Turnover workout 10x20m (High knees) 10x20m (Quick feet) 2 x 100m build-ups curve. R = jog back. (Out by 3:15 PM Soccer, Girls)	31 Running shoes only - No spikes. 400-runners: 10' run (Go out for 6 minutes, turn around and come back in 4 minutes.) Others: 5' run @ just above pace. Weight training	1 Rest <div style="border: 1px solid black; padding: 2px; float: right;">Feb</div>
2 Week 5	3 Fly's Crouch stance Curve 3 x 50m (3pt), 3 x 50m (4pt - block start) R=3' Straight 3 x 50m (3pt), 3 x 50m (4pt - block start) R=3' Note: Warm-ups start at 2:45PM, work out starts @ 3PM	4 5 x 150m buildups: 1st 50 = 75%, 2nd 50 = 80%, 3rd 50 = 90% R = walk back recovery, (Out by 3:15 PM Soccer, Girls)	5 3 x (300m @ 90% - walk 100m, 200m 85%, - walk 50m, 50m 100%). R = 4' between sets. 400m barefoot cool-down on grass 5' Static stretching.	6 Relay practice Others: 4 x 100m fly's. R = walk back. (Out by 3:15 PM Soccer, Boys)	7 Running shoes only - No spikes. Indoor meet only: 2 Warm-up laps, all plyos, & 15' static stretches. Others: 5' run @ just above pace. Weight training	8 California State Indoor HS qualifying meet @ Semi Valley HS
9 Week 6	10 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">No School</div>	11 Fly's Crouch stance 8 x 50m (4pt - block start) R=3' 800-rummers: Lactic Acid: ('All-Out' 300m followed by 1 x 400, 1 x 500, 1 x 400 @ 800m race pace and a 1:1 walking rest) (Out by 3:15 PM Soccer, Girls)	12 6 x 200 @ B: 34-35, G: 39-40 R = 2' Core: 2 x 10 Push-ups, 10 Sit-ups. 400m cool-down barefoot on grass	13 Relay practice Others: Turnover workout 10x20m (High knees) 10x20m (Quick feet)	14 Running shoes only - No spikes. 400-runners: 18' run (Go out for 10 minutes, turn around and come back in 8 minutes.) Others: 5' run @ just above pace Weight training	15 Rest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Week 7	17 No School California State Indoor Meet @ Fresno State Fresno (must qualify at the qualifying meets)	18 400-runners: 2x450m interval (alternate Sp/stride 50m). Walk back. R = 4'. Others: 2x250m interval (alternate Sp/stride 50m). Walk back. R = 4'. 4 x 50m Fly's	19 2 x 4 x 100m @ B = 15.5 - 16.5 G = 18.5 - 19.5. R= 45" reps /3' sets. 400m barefoot cool-down on grass 5' Bodyweight circuit (Squat Jumps, Bridge, Plyo Lunges)	20 Relay practice	21 Running shoes only - No spikes. 400-runners: 4 x 4 minute runs on grass loop. R= 2' Pace is moderate. 800-runners: Pacing / Speed Endurance: (1 x 650, 1 x 600, 1 x 550, 250 jog, 1:2 rest to maintain pacing. Finish with 2 x 200. Pacing: 200m/32sec (goal) Others: 4 x 1 minute runs on grass loop. R= 2' Pace is moderate.	22 Rest
23 Week 8	24 Block Starts – 4pt Curve 6 x 40m R=3' Straight 6 x 40m R=3' Note: Warm-ups start at 2:45PM, work out starts @ 3PM	25 3 x 500m R = 5' B = 1:25 - 1:29, G = 1:40 - 1:45 800-runners: Lactic Acid: ('All-Out' 300m followed by 1 x 400, 1 x 500, 1 x 400 @ 800m race pace and a 1:1 walking rest).	26 2 x 4 x 100m @ 75%, R= 45 seconds between reps, 90 seconds between sets B: 15.0 - 15.5 G: 17.8 - 18.3 Core: 2 x 10 Push-ups, 10 Sit-ups. 400m cool-down barefoot on grass.	27 Relay practice	28 Running shoes only - No spikes. 400-runners: 18' run (Go out for 10 minutes, turn around and come back in 8 minutes.) Others: 5' run @ just above pace Weight training	1 Rest Mar
2 Week 9	3 Block Starts – 4pt Curve 6 x 40m R=3' Straight 6 x 40m R=3' Note: Warm-ups start at 2:45PM, work out starts @ 3PM	4 4-5 x Split 600s. R = 7' B: 33/48/33 G: 38/50/38	5 8 x 200m @ 75%. R=2' B = 33.0, G= 37.0 400m barefoot cool-down on grass 5' Bodyweight circuit (Squat Jumps, Bridge, Plyo Lunges)	6 Relay practice	7 Warm-up, plyos, & 15' static stretches	8 Don Green Invite @ Moorpark
9 Week 10 Last week Pre-season	10 No School	10 3 x 500m R = 5' B = 1:25 - 1:29, G = 1:40 - 1:45	11 3 x 300m. First 50m fast, cruise 150m, last 100m fast. R = 7'. Target time: B = 43.0 - 44.5 seconds, G = 52.0 - 53.5	13 Baseline timing section	14 Warm-up, plyos, & 15' static stretches	15 Ventura Invite @ Ventura HS
16	17	18	19	20 Rio Mesa @ OHS	21 Moorpark Relays (Relay only) @ Moorpark HS	22
23	24	25	26	27 Channel Islands @ OHS	28	29
30	31	1	2	3 @ Pacifica	4	5 Spartan Relays @ Rio Mesa Apr
6	7	8	9	10 @ Hueneme	11 Arcadia Invite @ Arcadia HS (must qualify)	12 Arcadia Invite @ Arcadia HS (must qualify)
13	14	15	16	17	18 Mt Sac Relays @ Walnut (must qualify individually – will have relays)	19 Mt Sac Relays @ Walnut
20	21 Spring Break - No School	22	23	24 @ Camarillo	25	26 Gordon Steward Frosh/Soph only @ Buena HS, Ventura
27	28	29	30	1	2 Ventura County Championships @ Moorpark HS	3 May
4	5	6 League Prelims @ Rio Mesa	7 League Finals @ Rio Mesa	8	9	10
11	12	13	14	15	16	17 CIFSS – Prelims @ Trabuco Hills HS
18	19	20	21	22	23	24 CIFSS – Finals @ TBA
25	26 No School	27	28	29	30 CIFSS – Masters @ TBA	31