

Braves Distance

Pre-season Conditioning & Indoor Track

BOYS DISTANCE ↓

Communicate: Add Track & Field on FinalForms, follow @TangyGirlTrack and @CoachSosaOHS on Twitter, and subscribe to the email list. Check your email regularly (as well as your junk folder) as I will send updates and important team info.

~~http://www.oaklandathletics.org~~ our website olentangytrackandfield.org

Practice: Show up ready to run! We will meet in the student services entrance to warm up in the halls. Practice schedule is as follows:

Monday, Tuesday, Thursday 3:00-4:30

Dress: Assume we will run outside. Make sure you have several layers as well as hats & gloves. Have a set of indoor clothes in case the wind chill is too cold. Remember, school dress code applies when we work out in the building.

Lifting: This season is all about getting stronger and preparing your body for the outdoor season to come. Successful seasons start NOW. Strength conditioning is a major piece of making sure your muscles are ready to compete as well as prevent injury. Our lifting times are as follows:

3:45-5:00

~~Monday, Tuesday, Thursday, Friday 3:00-4:15~~ Mondays 2:50-4:15

TUESDAYS 2:50-4:15

Meets: If you complete workouts with us, you must compete in at least one indoor meet (OHSAA rules). Several indoor meets are listed on the practice schedule, just plan far in advance and communicate with me to make sure you get registered on time. Depending on which meets you compete in, we may alter the workout schedule to make sure you're ready.

Goals: Now is the time to start thinking about what you want to accomplish, both in the pre-season and in the spring. Varsity letter? School record? State Qualifier? Start thinking now and communicate with your coaches so we can do everything we can to help you accomplish those goals.

Questions? Contact Coach ~~Whalen~~ ~~644-503-7484~~

WHALEN Kewjrb11@yahoo.com 614-793-9331

COACH BEGGROW anthony-beggrow@olsd.us

JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Total	1 Happy New Year	2 Tempo	3 Recovery	4 Progression	5 Recovery	6 Long run/ cross train
Mileage: 19-25	Start the year off right... RUN!	OYO-5 easy or 20 min tempo (1 mile wu/cd) + lift	Welcome Back! 4 easy + core	1wu-1@10k-1@5k- 1cd	OYO-easy 3 Core/lift	6 miles/ 50 mins OYO
	3 easy + core					
7	8 Easy	9 Fartlek	10 Recovery	11 Ladder	12 Recovery	13 Long run/ cross train
Weekly Total	4 easy + core	3 min hard- 2 min easy x 5- 1 mile cd	4-5 easy + core	Laps: 1-2-3-2-1	OYO-easy 3 Core/lift	6-7 miles/ 50-55 mins OYO
Mileage: 21-27		Lift		10 mins wu/cd		
14	15 No School	16 Tempo	17 Recovery	18 Progression	19 Recovery	20 Long run
Weekly Total	OYO-4-5 easy	2-3x1 mile tempo- 4 mins rest- 10 min cd- Lift	4-6 easy + core	1wu-1@10k-1@5k- 1cd	OYO-easy 3 Core/lift	6-8 miles/ 50-55 mins OYO
Mileage: 25-31	core					OSU Meet #2
21 Recovery week	22 Easy	23 Fartlek	24 Recovery	25 Repeats	26 Recovery	27 cross train
Weekly Total	4-6 easy + core	2 min hard- 2 min easy x 5- 1 mile cd	4-6 easy + core	Laps: 4x1, 4x2	OYO-easy 5 Core/lift	50-60 minutes swim/bike/yoga
Mileage: 20-25		Lift		10 mins wu/cd		
28	29 Easy	30 Tempo	31 Recovery			
Weekly Total	4-6 easy + core	20 min tempo- 10 min wu/cd	4-6 easy + core			
Mileage: 23-28		Lift				

FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Total				1 Progression	2 Recovery	3 OSU Meet #3
Mileage: 23-28				1wu-1@10k-1@5k-1cd	OYO-easy 3 Core/lift	Or Long run 6-8 miles/ 50-55 mins OYO
4	5 Easy	6 Fartlek	7 Recovery	8 Ladder	9 Recovery	10 Long run/ cross train
Weekly Total	4-6 easy + core	3 min hard-1:30 easy x 6-1 mile cd	4-6 easy + core	Laps: .5-1-2-2-1-5 x 2	OYO-easy 4 Core/lift	6-8/ 50-60 minutes
Mileage: 26-31		Lift		10 mins wu/cd		
11 Otterbein Meet	12 Long & Easy	13 Tempo	14 Recovery	15 Repeats	16 Recovery	17 Long run
Weekly Total	6-7 easy core	3-4x1 mile tempo- 4 mins rest- 10 min cd-Lift	5-6 easy + core	Laps: 4x1, 2x2, 1x3 10 min cd	OYO-easy 5 Core/lift	7-9 miles/ 55-65 mins OYO
Mileage: 30-35						
18 Recovery/taper	19 Easy	20 Fartlek	21 Recovery	22 Progression	23 Recovery	24 Central District
Weekly Total	4-6 easy + core	1 min hard- 2 min easy x 7-1 mile cd Lift	4-6 easy + core	1wu-1@10k-1@5k-1@3k-1cd	OYO-easy 4 Core/lift	Or Long run/cross train
Mileage: 25-30						7-9/ 55-65 minutes
25 Pre-season Down Week	26 Long & Easy	27 Tempo	28 Recovery	March 1	2	3 OATCCC State Championships
Weekly Total	6-7 easy core	3-4x1 mile tempo- 4 mins rest- 10 min cd-Lift	5-6 easy + core			
Mileage: 27-32						