

Winter Work-Out Christmas Break 2019

Here is your winter workout for month of December. Do your best to stick with it. We know the holidays will keep you busy, but you have got to get into track shape. If you are in cold weather- dress warm and run or ride a stationary bike for the distance set. We'll see you when you get back January 6 after school at 2:30 on the track. If you have any questions during the break use email me at GONZAUR@nv.ccsd.net.

EVERYDAY DRILLS: <https://www.youtube.com/watch?v=AW1RNkryf1k>

EVERYDAY CORE:

Crunches	4x50 = 200
Leg Lifts	5 sets 3 reps (6inches + Spread)
Push Up	10 x10 or 5 x 20 (100 total)
Side Plank w/lateral leg raises	3 sets 10 reps
Calf Raises	3 sets with 50 reps
Standing Squats	3 sets 20 reps
Quadruped Abduction Reach Under	3 sets with 50reps
Leg Toss	3x10 (someone stands at your head and pushes your feet down. You have to control the drop and raise feet back up.)
Planks with tap	3 set with 10 reps

Video link for quadruped abduction Reach Under:

<https://www.runnersworld.com/training/a20818899/the-6-most-effective-core-exercises-for-distance-athletes/>

THROWERS: CORE + Jog 20 minutes everyday except:

December 25: MERRY CHRISTMAS. BE SAFE AND EAT A LOT.
December 31: DAY OFF
JANUARY 1: DAY OFF – HAPPY NEW YEAR!!!!

SPRINTERS/JUMPERS:

December 9: CORE + Drills + 8 x 40 meters
December 10: CORE + Drills + 5 x 50 meters
December 11: CORE + Drills + uphill training 10 x 40 meters
December 12: DAY OFF
December 13: CORE + Drills + 8 x 40 meters
December 14: CORE + Drills + 5 x 50 meters
December 15: DAY OFF
December 16: CORE + Drills + uphill training 10 x 40 meters
December 17: CORE + Drills + 8 x 40 meters

December 18: CORE + Drills + 5 x 50 meters
December 19: **DAY OFF**
December 20: CORE + Drills + uphill training 10 x 40 meters
December 21: CORE + Drills + 8 x 40 meters
December 22: **DAY OFF**
December 23: CORE + Drills + 5 x 50 meters
December 24: CORE + Drills + uphill training 10 x 40 meters
December 25: **DAY OFF - CHRISTMAS**
December 26: CORE + Drills + 8 x 40 meters
December 27: CORE + Drills + 5 x 50 meters
December 28: CORE + Drills + uphill training 10 x 40 meters
December 29: **DAY OFF**
December 30: CORE + Drills + 6 x 100 meters recovery is walk back to start
December 31: CORE + Drills + 6 x 20 meters and 6 x 40 meters
JANUARY 1: **DAY OFF – HAPPY NEW YEAR!!!!**
January 2: CORE + Drills + 8 x 40 meters
January 3: CORE + Drills + 5 x 50 meters
JANUARY 4: CORE + Drills + uphill training 10 x 40 meters
JANUARY 5: **REST – DAY OFF**
JANUARY 6: **BACK TO SCHOOL**

DISTANCE

December 9: 4x1600 (4 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.
December 10: 4x1200 (this is 3 laps around the track at 75%. If not on track, do 3-mile run at conversation pace.
December 11: 3-4 mile run at or near race pace.
December 12: **DAY OFF**
December 13: 4x1600 (4 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.
December 14: 4x1200 (this is 3 laps around the track at 75%. If not on track, do 3-mile run at conversation pace.
December 15: **DAY OFF**
December 16: 3-4 mile run at or near race pace.
December 17: 4x1600 (4 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.
December 18: 4x1200 (this is 3 laps around the track at 75%. If not on track, do 3-mile run at conversation pace.
December 19: **DAY OFF**
December 20: 3-4 mile run at or near race pace.
December 21: 4x1600 (4 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.
December 22: **DAY OFF**
December 23: 4x1200 (this is 3 laps around the track at 75%. If not on track, do 3-mile run at conversation pace.
December 24: 3-4 mile run at or near race pace.

December 25: **DAY OFF - CHRISTMAS**

December 26: 4x1600 (4 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.

December 27: 4x1200 (this is 3 laps around the track at 75%. If not on track, do 3-mile run at conversation pace.

December 28: 3-4 mile run at or near race pace.

December 29: **DAY OFF**

December 30: 4x1600 (4 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.

December 31: 4x1200 (this is 3 laps around the track at 75%. If not on track, do 3-mile run at conversation pace.

JANUARY 1: **DAY OFF – HAPPY NEW YEAR!!!!**

January 2: 3-4 mile run at or near race pace.

January 3: 4x1600 (4 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.

JANUARY 4: 4x 800 (2 laps) on track at 75%. If not on a track do 4 mile run at conversation pace. Time should come out to 5:50 pace for boys and 6:25 for girls.

JANUARY 5: **REST – DAY OFF**

JANUARY 6: **BACK TO SCHOOL**