

Athletics 8-Week Practice Plans

Note to Coach: The following athletics training plans should be utilized as a *guideline*. If your athletes will benefit from training at shorter distances, you may adapt accordingly.

Week 1

Day 1

1. Warm-up: 20 minutes
2. Marching Drill: march for 50 meters 5 times; emphasize body carriage.
3. Jogging drill: 50 meters; emphasize arm carriage. Coach the alignment of the feet and arms as athlete jogs.
4. Rhythm Hopping: RRR leg then LLL leg. Repeat 5 times for 10 meters.
5. Softball toss to partner. Play catch. Move athletes further apart as they progressively gain technique. Do not throw for distance.
6. Jog 300 meters 2 times. Perform cool-down jog, but emphasize proper jogging technique.
7. Emphasize slow stretching for 5 minutes as above.

Day 2

1. Warm-up: 20 minutes
2. Marching Drill: march for 50 meters 3 times, jog back, and rest in between.
3. Rhythm Hopping: RRR leg then LLL leg. Repeat 6 times for 10 meters.
4. Double leg hops for 10 meters (5 times). Rest after each hop. Give suggestions for technical improvement.
5. Softball toss to partner (warm-up for 3-4 minutes).
6. Toss softball at 50% effort to establish throwing patterns. Coaching is needed at this time to emphasize proper throwing technique.
7. Throw softball 8-10 times at 75% effort. Stress throwing easy and follow-through action of the arm. Emphasize keeping head up.
8. Have athletes take 3 consecutive jumps vertically in the air. Emphasize proper arm action. Have athletes reach for the sky.
9. Repeat #8, but do 5-8 consecutive jumps. Emphasize good landing on both feet. Take-off should be an explosive effort to jump up into the air.
10. Jog 400 meters slowly. Coach the jog position.
11. Cool-down and stretch.

Day 3

1. Warm-up: 20 minutes
2. Jog for 400 meters, Emphasize proper distance running technique.
3. Introduce the standing start for the 50/100 meter dash (5-8 minutes).
4. Practice starts with the gun 8-10 times (20 minutes). Distance 30 meters. Do not emphasize speed from the line, only proper takeoff methods and running technique.
5. Standing leaps into the air 5 times in succession. Repeat 3 times, total of 15 jumps.
6. Introduce the standing long jump (5-6 minutes).
7. Jog 400 meters 3 times at 50% of maximum effort. Coach the proper distance running technique. Rest 2 minutes in between each 400 meter run.
8. Toss softball with partner for 2 minutes.
9. Allow athletes to take 3 full throws for maximum distance. Coach the throws.
10. Cool-down for 20 minutes and stretch.

Week 2

Day 1

1. Warm-up and stretching: 20 minutes
2. Jog for 400 meters, increase running tempo to 50% of maximum effort.
3. Stretch quads and hamstrings for 1-2 minutes.
4. Practice starts for 30 meters, 5 times with the gun.
5. Introduce the running long jump, 20 minutes.
 - Use a 9 step approach.
 - Establish a takeoff foot for each athlete; keep this the same at all times.
 - Take 4-6 running long jumps into sand pit or on landing mat; be sure to have a restraining line or jump board clearly visible.
6. Jog 300 meters 3 times; increase running tempo each 100 meters; finish at 80-90% of maximum effort the last 100 meters.
7. Cool-down and stretch.

Day 2

1. Warm-up and stretching: 20 minutes
2. Marching-walks for 50 meters 5 times. Jog back and rest.
3. Run 30 meters 3 times with over-emphasis of a high knee action. Develop arm swings.
4. Introduce the 400 meter relay exchange.
 - Show relay zones.
 - Demonstrate how to hold the baton.
 - Demonstrate how to run with the baton.
 - Demonstrate how to pass the baton.
5. Make 8-10 passes with the baton to a partner in the zone at walking speed.
6. Warm-up for the softball throw by tossing ball to a partner 3-4 minutes.
7. Take 4-6 throws for maximum distance.
8. Skip for 50 meters 4-5 times. Emphasize body position and arm swings.
9. Run 600 meters at 50% of maximum effort. Coach running technique.
10. Cool-down and stretch.

Week 3

Day 1

1. Warm-up and stretching: 20 minutes
2. Perform Running Long Jump: 15 minutes.
3. Speed endurance workout:
 - 4 x 150 meters at 90% effort; rest 3 minutes.
 - 4 x 100 meter buildup; rest 2 minutes.
 - 4 x 50 meter at 100% effort, rest 2 minutes.
4. Practice relay exchanges at easy pace for 10 minutes using zones.
5. Introduce Shot Put – grip and stance.
6. Cool-down and stretch, 10 minutes.

Day 2

1. Warm-up and stretching: 20 minutes
2. Introduce the High Jump: 30 minutes
 - Keep bar low.
 - Have jumpers scissor-kick over the bar and land on seat/back.
 - Show a 5-step approach: if taking off with the left foot, move the left foot first from a two-foot standing position; take 5 steps and jump.

- Show use of arms on the takeoff.
 - Use the inside leg (right leg from a left foot takeoff) as lead leg over the bar.
3. Work on standing start for the 50-100-200 meter races. Run 30 meters 5 times easy.
 4. Introduce curve running technique briefly for the 200 and 400 meter sprints.
 5. Run 10 meters 3 times on the curve at 75% effort.
 6. Shot Put: standing put with high release: 15 minutes; drop back put, emphasize use of legs.
 7. Cool-down and stretching.

Day 3

1. Warm-up and stretching: 20 minutes
2. Continue from previous day's work on the high jump technique reviewing the scissor-kick technique.
3. Introduce the Flop technique for the high jump (20-30 minutes).
 - Use a 5-step approach.
 - Use the outside foot as the takeoff foot.
 - Inside knee lifts high, along with both arms.
 - Have jumper rotate slightly, so that the back goes over the bar first and not the inside leg or knee.
4. Perform 10-12 softball throws for technique at 75% effort. Stress technique.
5. Speed endurance work out:
 - 4 x 50 meters at 90% effort, rest 2 minutes.
 - 3 x 70 meters at 60% effort, rest 90 seconds.
 - 2 x 80 meters at 50% effort, rest 60 seconds.
6. Jog 3 laps or 1,320 yards for cool-down.
7. Cool down and stretch.

Week 4

Day 1

1. Warm-up and stretching: 20 minutes
2. Jog 400 meters carrying baton.
3. Work on baton passes, with incoming runner approaching as follows:
 - Approach from 20 meters out, 2 times.
 - Approach from 50 meters out at 75% effort, 2 times.
 - Approach from 70 meters out at 75% effort, 2 times.
 - Have each athlete work on being an outgoing and incoming runner for this drill.
4. High Jump or Shot Put – 30 minutes, emphasizing technique.
5. Run 4 x 200 meters at 75% effort, rest 3 minutes between each.
6. Cool-down and stretch.

Day 2

1. Warm-up and stretching: 20 minutes
2. Practice track meet:
 - Run one 50 meter dash, for technique only, at 80% effort; use starting gun.
 - Run a 200 meter relay with each athlete only running 50 meters; divide the running track in half and insert three zones; run 2-3 relays for fun.
 - Softball Throw for distance: athletes should throw in proper order; measure each throw.
 - Standing Long Jump: jump in proper order, rotating through all athletes between attempts; measure each jump.
 - High Jump: place the bar low; have each athlete jump at each height, moving the bar up 3 inches at a time. Each athlete should be allowed 3 attempts at clearing the bar at any

given height. When an athlete misses on three consecutive attempts, the event is over for that athlete.

3. Cool-down by jogging one mile and stretch.

Day 3

1. Warm-up and stretching: 20 minutes
2. Interval work:
 - 3 x 200 meters at 90% effort, rest 5 minutes.
 - 3 x 300 meters at 80% effort, rest 4 minutes.
 - 3 x 400 meters at 50% effort, rest 3 minutes.
3. Stretch hams and quads for 5 minutes.
4. Marching-walk steps for 100 meters 3 times. Jog back and rest. Work on staying in lanes.
5. Running Long Jump: move to a 13 step approach (20 minutes).
6. Jog 1-2 miles off the track; make it similar to a cross-country run.
7. Cool-down and stretch.

Week 5

Day 1

1. Warm-up and stretching: 20 minutes
2. High Jump; work for 30-40 minutes on technique.
 - Establish a 9-step approach.
 - Work on first four steps in a straight line and last five steps on a curve into the bar.
 - Work at low heights.
 - Raise the bar as athlete improves and work at higher heights to conclude practice session.
3. Shot Put: side hop technique; work on leg action.
4. Speed endurance work out:
 - 4 x 50 meters at 90% effort, rest 2 minutes.
 - 3 x 70 meters at 60% effort, rest 90 seconds.
 - 2 x 80 meters at 50% effort, rest 60 seconds.
5. Cool-down and stretch.

Day 2

1. Warm-up and stretching: 20 minutes
2. Softball Throw: technique stressing throwing with the legs and the hips first, followed by the arm and wrist snap (20 minutes). This work should initially be done without using a ball. When the athlete has the general methods, introduce the ball for several easy tosses at 80% effort.
3. Repeats:
 - 2 x 800 meters at 75% effort, rest 10 minutes.
 - 2 x 600 meters at 75% effort, rest 8 minutes.
4. Jog 5 minutes around campus or park for cool-down, then stretch.
5. Make arrangements for team competition against another school or team for Week 6; a Friday or Saturday is suggested.

Day 3

1. Warm-up and stretching: 20 minutes
2. Introduce rope jumping for 15 minutes.
 - Emphasize leaping ability.
 - If athlete cannot use rope, go to a plyometric exercise such as 5 double leg hops for 30 meters; walk back and rest. Perform 5 single leg hops for 30 meters; walk back and rest. Skip for 100 meters 5 times; jog back and rest.

3. Work on Running Long Jump: 20 minutes.
 - Establish a 13 step approach.
 - Work on accelerating all the way to the board.
 - Work on sprint technique.
 - Work on takeoff. Emphasize explosive force in the jump.
 - Work on two-foot landing. Momentum should carry athlete forward after the landing.
4. Softball Throw for distance; work 10-15 minutes on technique.
5. Cool-down and stretch, 10 minutes.

Week 6

Day 1

1. Conduct warm-up and stretching.
2. Prepare athletes for competition on third day of this week; athletes may choose to compete in two events.
3. Go through each event slowly and let the athletes have fun on this day. Do everything in moderation.
4. Work on Shot Put or Softball Throw.
5. Practice relays; run 4 x 100 meter relay 3 times; rest 5-8 minutes.
6. Cool-down and stretch.

Day 2

1. Conduct warm-up and stretching.
2. Volume intervals; 10 x 200 meter run at 50% effort; rest 2 minutes.
3. Practice athletes' specific events.
 - Emphasize starting position.
 - Emphasize key elements of the events; give only one or two coaching points at most.
4. Conduct a team meeting.
 - Go over everything the athletes need to know for the competition.
 - Prepare the athletes as though they were going into an Area or State Games.
5. Cool-down and stretch. Stress team unity at this time.

Day 3

1. Team meeting. Go over events with each athlete and explain how the team will act together while at the competition site.
2. Conduct warm-up and stretching.
3. Start competition. Have athletes competing in later events watch the athletes in current events. Invite parents and other school members to be present.
4. Record all events, times and distances.
5. Give awards; make them in school if possible.
6. Stress to all athletes to cool-down after they compete.

Week 7

Day 1

1. Conduct warm-up and stretching.
2. Work with athletes to determine which events are best suited for them.
3. Break up athletes into groups according to events.
 - All athletes should work at event #1 for 30 minutes with coach.
 - After 30 minutes, bring athletes together, stretch again, jog 800 meters slowly and then go to event #2.

- In case the coach has no assistants, designate one athlete as leader in each event. Coach one group while another group works by itself.
 - The coach should give instructions to the group working by itself.
4. Speed work:
 - 4 x 100 meter buildups at 90% effort; rest 2 minutes.
 - 4 x 75 meter buildups at 90% effort; rest 2 minutes.
 - 4 x 50 meter buildups at 100% effort; rest 4 minutes.
 - 4 x 50 meter buildups at 90% effort; rest 2 minutes.
 5. Cool-down and stretch.

Day 2

1. Warm-up and stretching: 20 minutes
2. Work on relay exchanges, 3-5 times with incoming runner running 50 meters. Have outgoing runner work on visual exchange (looking for the baton).
3. Have all athletes work on the running long jump; or high jump, 25-30 minutes.
4. Have all athletes finish the workout practicing one of their selected events.
5. Have a cross-country run of 1-2 miles around campus or park.
6. Cool-down and stretch.

Day 3

1. Warm-up and stretching, 20 minutes
2. Mini-competition among team members in selected events.
3. Prepare for a Friday or Saturday competition against another school or team.
4. Make final arrangements for the team competition against another opponent. It is highly recommended to include two or three teams.

Day 4

1. Mini-team competition against another team or school.
2. This competition can be set up in a variety of ways (see suggested method below), and your local high school or college coach is one of your best sources of help if asked well in advance.

Week 8

Day 1

1. Warm-up and stretching: 20 minutes
2. Run 3 x 100 meter buildups.
3. Speed workout:
 - 5 x 30 meter sprints at 100% effort; rest 3 minutes.
 - 5 x 50 meter sprints at 100% effort; rest 4 minutes.
 - 2 x 75 meter sprints at 75% effort; rest 2 minutes.
4. Go to individual events for 30 minutes of work.
5. Go to second individual events for only 15 minutes of work. Go through these events just for technique.
6. Cool-down and stretch.

Day 2

1. Warm-up and stretching: 20 minutes
2. Run 3 x 50 meter buildups.
3. Everyone participates in the following:
 - 5 running long jumps: 15 minutes
 - Frisbee throw, 3 throws: 10 minutes

- Standing long jump, 3 jumps: 10 minutes
 - Softball throw, 3 throws: 10 minutes
 - 800 meter or 1 mile run: 10 minutes or longer
 - Record distance and time of each athlete's performance.
4. Cool-down and stretch.

Day 3

1. Warm-up and stretching: 20 minutes
2. Speed endurance workout:
 - 4 x 150 meters at 75% effort; rest 3 minutes.
 - 4 x 200 meters at 75% effort; rest 4 minutes.
 - 4 x 100 meters at 100% effort; rest 5 minutes.
3. Conduct team meeting in preparation for Area or State Games.