



WCSC SUMMER CONDITIONING PROGRAM

The following is a minimum of what you are expected to do this summer. Please note, this program does not include strength training. If you can join a health club that would be great. To make training more enjoyable you should partner up with a teammate. Keep in mind three facts: 1. Championship teams are fit, 2. It is the responsibility of every team member to enter the season fit, 3. The more you train the easier it becomes.

1. 15-30-15 Yard Run (do twice a week)

15-30-15 refers to the distances covered in yards in one repetition of running followed by a rest interval. Three running cycles are used each workout. The training distance is 15 yards in the first cycle, 30 yards in the second cycle and 15 yards in the third cycle. Cycles are performed consecutively.

1. Run 15 yards (stop, recover) x 24 reps
2. Run 30 yards (stop, recover) x 18 reps
3. Run 15 yards (stop, recover) x 24 reps

Run at slower velocities for aerobic endurance and at faster velocities for speed and speed-endurance. Do the drill 2-3 times per week in the off-season and pre-season and 1-2 times per week during the season.

2. Fartleks (do twice a week)

The following are a selection of fartlek sessions for runners:

A. Watson Fartlek (This is good training for 10k, 5k, 3k and cross country)

- 10 minutes warm up jog.
- Stride hard for 4 minutes with 1 minute jog recovery - repeat 8 times
- 10 minute warm down jog

B. Saltin Fartlek (This is good training for 1500m, 5k and 3k)

- 10 minutes warm up jog.
- Repeat 6 times - Stride hard for 3 minutes with 1 minute jog run recovery.
- 10 minute warm down jog

C. Astrand Fartlek (This is good training for 800m)

- 10 minutes warm up jog.
- Repeat 3 times - Maximum effort for 75 seconds, 150 seconds jog run, maximum effort for 60 seconds, 120 seconds jog run.
- 10 minute warm down jog

D. Gerschler Fartlek (This is good training for getting fit quickly when combined with steady running)

- 10 minutes warm up jog.
- Repeat 3 times - Stride hard for 30 seconds, jog 90 seconds. repeat with 15 second decreases in recovery jog e.g. 30-90, 30-75, 30-60, 30-45, 30-30, 30-15 and 30-15-30.
- 10 minute warm down jog

3. 120's (do once a week)

- A. Sprint 120 yards in 18 seconds
- B. Rest for 60 seconds
- C. Jog back to starting line in 35 seconds
- D. Do 10 times

4. 25 Minute Run (do once a week)

5. Tag (do twice a week)

Play a 30 second game of tag (20 times)

YOU CAN'T FAKE FITNESS.