

HOW TO WRITE A TRAINING PLAN

1. Get a calendar and calculate the [number of training days until competition](#) for peaking/tapering:
2. Set up your competition dates and, using the guidelines, pencil them into your calendar
3. Think about how you will change your workout plan to match upcoming events
4. Consider the balance of hard, medium, easy, and recovery days.
 - Start with H, E, M,H, R, H, E, M,R .
 - You cannot go Hard, Hard and Hard.
 - Recovery days are important and necessary for training progress.
5. Construct interval workouts around the DIRT concept
 - Duration (length of run), Intensity (how fast), Repetitions (number of reps), Time (between reps for recovery)
6. Review the guidelines below concerning workloads, lifts and training.
 - These are only recommendations, you must figure out what works best for you
7. Balance workouts you like to do with ones you don't like, but need to complete.
8. Mix in ladder workouts when you're bored
 - Start with a 200m run, then 300m, then 400m and work back down

YEARLY PLAN

About ½ of an athlete's training days should be spent in the Preparation Phase:

Prep Phase

During Prep Phase, athletes should work on strength training, technique correction, and/or injury rehabilitation.

Strength Training Weeks 1-4

Athletes should complete high volume, low weight training for approximately four weeks. Design three or four workouts per week in the following range: 8-10 reps for 2-3 sets. Complete speed and flexibility training daily.

Strength Training Weeks 5 and On

Athletes should complete higher intensity weight training in the following range: 2 sets of 8 reps completed at 80% of your maximum weight. Complete speed and flexibility training daily.

Running Workouts

The Prep Phase should concentrate on technical drills that focus on the finer details of sprint mechanics.

Complete circuit training with some or all of the following activities: jump ropes, medicine ball, sprint drills, short springs, field springs, diagonal field springs, jumping jacks, burpees, hops, bounding, and small and large skips. Base your workouts on the following DIRT guidelines:

Distance- 600, 500, and 400s with a little speed work every day. Consider adding a few hill sprints, all the while focusing on the knee lift.

Intensity- 75- 80%

Repetitions - 6-10 depending on D and I

Time for Recovery- 4 min or 120 HR

Weekly Plan

Days per week of strength training: _____

Days per week with running: _____

Days per week with swimming and/or rehab work: _____

Total number of hours training per week: _____

Number of days or weeks spent in the prep phase: _____

SPECIFIC PREP

About ¼ of your days of training will be spent in Specific Prep. During Specific Prep, athletes should focus on event technique and maintaining strength.

Strength Training

During Specific Prep, athletes should reduce lift volume while increasing intensity: train 2-3 days a week, completing 3-5 sets of five at 85-90% of maximum weight with adequate recovery between sets.

Running Workouts

Complete speed training at least every other day, adding in speed drills. Follow these DIRT guidelines:

D - 600s, 500, 300, 200, 150 (volume is dropping, but intensity is increasing)

I - 85-90% (very limited 90%)

R - 5-7 quality reps

T - 4 minutes or more of recovery time, depending on the repetition quality

Weekly Plan

Days in Specific Prep phase: _____

Days of lifting per week: _____

Hard days per week: _____

Easy days per week: _____

Days of swimming per week: _____

Recovery Days per week: _____

PRE-COMPETITION

This is about the first 2-3 weeks of the competition period.

Strength Training

Revert to intensive weight training 2-3 times per week.

Running Workouts

Incorporate technical training. Work out of the starting blocks, completing 30, 40, 50 60, 120, 150 and 180 meter sprints at a 400m pace. Allow long recovery periods as you complete this training.

D - Shorter sprints, starts

I - 85%

R - 5- 7 reps

T - 4min. Greater when doing sprint starts.

Work days and volume depends on the competition day.

Friday comp: Hard, Easy, Hard, Medium, Competition, Recovery, Hard

Saturday comp- Hard, Easy, Medium, Hard, Easy, Competition, Recovery, Hard

Weekly Plan

Number of days in Pre- Competition phase: _____

Days per week of lifting: _____

Days per week of long sprints: _____

Days per week of short sprints: _____

Number of hard days: _____

Number of recovery days: _____

COMPETITION

This phase extends through Nationals.

Strength Training

Maintain strength levels with 1-2 sessions liftin at 85-90% of maximum.

Running Workouts

Build your weeks to include two hard, one medium, and two easy sessions, the competition day, and a recovery day. Consider your travel days when building your weekly schedule.

Weekly Plan:

Days in Competition Phase: _____

Days/Week of lifting: _____

Short sprint days/week: _____

Long Sprint days/week: _____

Travel Days: _____

Recovery Days: _____

PEAKING

Plan on completing a short peaking phase for Nationals. This should include 3 days of recovery.

Strength Training

Reduce the volume of repetitions while maintaining high intensity. Complete one or two sets of exercises. Focus on quality and correct form.

Running Workouts

Complete longer volume runs at lower intensity levels. Peak 10-14 days prior to the competition.