

Training Ideas for High School Sprinters
University of Minnesota
Matt Bingle

Tools to use for Training

1. Charts: Pacing Charts/Practice Menu/Energy System Chart/Race Plan Chart/Zone of Discipline
2. Training Calendars: Can make it simple or more complex
3. Communication: Coach-Athlete vs. Athlete-Coach
4. Experience: Know your athletes—Groupings: setting up practice right way

Training Aids:

1. Video: U Tube/I-pad/Coaches eye/Ubersense—Don't Depend on
2. Push and pull sleds: Great for Acceleration work
3. Cones: Provides Goals for athletes/Coaches mark for coaches
4. Electronic Timing Systems: Expensive but great to have-Can Make Own
5. Pulley: Great for Max Velocity
6. Harness for Acceleration and Max Velocity: Resistance provides structure
7. Machines: Great for Injury Prevention/Recovery work
8. Bands-Lacrosse Balls-Foam Rollers for Recovery
9. Hurdles: High-Low-Imaginary-Good for Mobility & Sprint Mechanics
10. Weighted Vest: Good For Resistance in Sprint Technique-Max Velocity-Acceleration-Drills

Training stimulus:

1. Hills: Great for early season training
2. Bleachers: Resistance/Vertical Movement
3. Grass/Turf: Low impact on body-can be used year around
4. Track: Don't Always have to be on the track
5. Cement: Stay away from if possible—Times runs/Circuit Training
6. Pool: Rehab/Great Recovery tool/Be creative: can run/jump here
7. Gym: Would be more circuit based training—Create Low impact
8. Hallways: Stay on Straights—Watch Volume-Circuit Training-Create Low Impact
9. Machines: Great for Injury Prevention/Recovery Work/Workouts

High School Season: (12 Weeks if make State): March 2, 2015-May 23, 2015

If have state level athletes

If allowed by rules they could do early season training before season starts.

Early season Training: (Weeks 1-4)

1. Focus is on:
 1. Getting Fit/Stronger/Building Base
 2. High Volume-Low Intensity-Short Recovery
Aerobic Capacity < 70%/Aerobic Power 70-80%
 3. Meet the Needs of that Event
 4. Hills-Intervals
 5. Testing-Competing at end of middle to end of Cycle
 6. Sprint Mechanics
 7. Getting People in Right Event Groups
 8. Plyometrics: Low Intensity/Medium Volume—May not want to do?
 9. Teaching Time-Set Practice Flow-Rules of Practice—Cool Downs/Warm-ups
 10. Body Weight Circuit Training
 11. Acceleration-Speed Development Could Start weeks 2-3 over 10-20-30m
 12. Train Athletes up a Group
 13. Relay Work: Find places to put it: Warm-up's/Cool down's/Sprints workouts

Specific Training: Weeks 5-8

1. Focus is on:
 1. Speed/Acceleration Development
 2. Anaerobic Capacity: 80-89% effort
 3. Speed Endurance: Can Get from Racing
 4. Lactate Tolerance: Can Get from Racing
 5. Competing: 1-2 times a week—count as workout
 6. Volumes/Recovery's
 7. Plyometrics: medium intensity-low volume—May not want to do?
 8. Planning: week by week
 9. Tempo work: Aerobic Capacity < 70%/Aerobic Power 70-80%
 10. Technical Development: Blocks-Sprint Mechanics-Acceleration Mechanics
 11. Relay Work: Find places to put it: Warm-up's/Cool down's/Sprints workouts
 12. Film

Competition Season (weeks 9-12)

1. Focus is on:
 1. Peaking: Physical & Mental
 2. Volume's: Low if Intensity High
 3. Recovery's: Can be long and short
 4. Plyometrics: Medium Intensity-low volume—May not want to do?
 5. Film
 6. Speed Endurance
 7. Lactate Tolerance
 8. Speed/Acceleration Development
 9. Communication
 10. Event Runs-Race Modeling
 11. Broken Runs: 200m-200m/300m-100m/150m-50m/
 12. Relay Work: Find places to put it: Warm-up's/Cool down's/Sprints workouts
 13. Anaerobic Capacity: 80-89% effort
 14. Technical Development

Things to Think About

21-28 days to take affect.....should see adaptations

Follow Progressions

Can get fast—fast....strength takes time

Competing is training—take account for volume of racing

Communication

So many things are out of your control—22 Hours

Think Long Term and Short Term

Give what they can handle mentally and physically at that moment

Make them better athletes...boot camp.

Teach them to work for each other

Honest and direct with your athletes

Respect and Accountability with everyone

Freshman/Sophomores: build them... build your team

You are teachers of our men and woman

Policy Sheet—expectation Sheet—signed contract

Believe in Fundamentals—keep very simple

Do what you are confident in....keep it simple

Always Thank your Volunteers and Meet Officials

Coach from Observation...not from a computer

Be organized—establish structure....athlete feed off this

Steal everything from someone smarter than you

Have a: A workout & B workout—helps with multiple groups

Resting in workouts or during the week is just as important as training: Know Recovery's—Heart Rate & Energy Systems

Should workouts be different for Freshman vs. Seniors...YES.

Junior High Track & Field.....would make that my first stop every Spring.

I log all of my workouts every week every year...helps for next year. See Progressions...mistakes.

Training Diaries for your group.

FUN: Important for coaches and athletes

Be dedicated to your job...but true to your family

Good Luck!!

Matt Bingle

Director of Women's Track & Field/Cross Country

University of Minnesota

WEEK #3	January 19-25	Event Group 100-400								
<p>Monday</p> <p>WU: GOLD Hurdle Mobility: 4 x 10H--#1/#3/#4</p> <p><u>block work/sled??</u></p> <table border="0"> <tr> <td><u>A</u></td> <td><u>B</u></td> </tr> <tr> <td>500m @ 1:26--10 mins</td> <td>400 @ 65-67--10 min</td> </tr> <tr> <td>500m @ 1:26</td> <td>400 @ 65-67</td> </tr> <tr> <td>BIKE: 5 x 2 mins-1 min</td> <td>5 x 1 min on-20 easy</td> </tr> </table> <p>Plyo's: 5 x St. LJ/5 St. TJ to Sand or 5 x UHBT/5 x UHFT Cool Down: #3 Circuit: Moster 1 x 20/40</p>	<u>A</u>	<u>B</u>	500m @ 1:26--10 mins	400 @ 65-67--10 min	500m @ 1:26	400 @ 65-67	BIKE: 5 x 2 mins-1 min	5 x 1 min on-20 easy	<p>Tuesday</p> <p>WU: U choose</p> <p>3 x 150m @ 22 w/ 90 sec rest 4 mins 3 x 150m @ 21 w/ 90 sec rest 4 mins 3 x 150m @ 20-21 w/ 90 sec rest</p> <p>COOL DOWN: 4 x 4 work</p>	<p>Wednesday</p> <p><i>THERE IS AN EXPECTATION THAT YOU WILL DO SOME OF THE RECOVERY WORK THAT CARLY DOES WITH YOU!</i></p> <p><u>20 mins easy bike</u></p> <p><i>Make a choice to take care of your body!</i></p> <p><i>USE the training room!</i></p>
<u>A</u>	<u>B</u>									
500m @ 1:26--10 mins	400 @ 65-67--10 min									
500m @ 1:26	400 @ 65-67									
BIKE: 5 x 2 mins-1 min	5 x 1 min on-20 easy									
<p>Thursday</p> <p>WU: MAROON Hurdle Mobility: 4 x 10H--#1/#3</p> <p>6-10 x 10m blocks--3 mins 3 x 20m @ block 2 x 20m @ block-curve</p> <p>2 x 2 x 30m Fly @ 90%--3 mins-8 mins</p> <p>Cool Down: #4 Circuit: Rebel 1 x 20/40</p>	<p>Friday</p> <p>8:00-11AM LIFT WITH KRISTIN</p> <p>11:45pm LOAD BUS</p> <p>12:00pm TRAVEL</p> <p>Will do pre-meet at Wisconsin</p> <p><u>NON TRAVEL GROUP:</u> <u>2:30 pm with/ JESSICA POWERS</u></p> <p>WU: u choose 2 x 3 x 200m @ 30-34 w/ 2 mins--6 mins CD: u choose</p>	<p>Saturday</p> <p>THE DUAL</p> <p>WE BELIEVE!!</p> <p>BEAT WISCONSIN</p>								

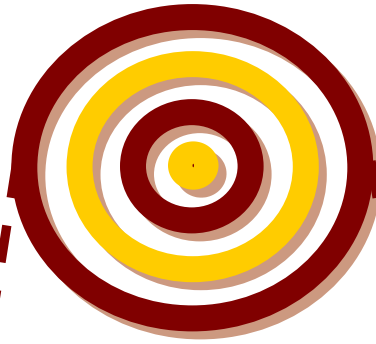
MINNESOTA TRACK & FIELD

BODY CIRCUITS/HURDLE MOBILITY

<p><u>SUPERWOMAN</u></p> <ol style="list-style-type: none"> Superwoman Normal sit-up V-sits Elevated Feet Abs On stomach,elbows, SL Raise Twisting sit-up(elevated or 1/4) Elevated Chest w/ twist 1/4 sit-up Elevated Feet--raise hips Side sit-up 	<p><u>GOPHER</u></p> <ol style="list-style-type: none"> Side sit-up All Fours-leg raise--SL straight leg Down the middle Abs On side, hand, SL Raise Bicycle sit-up SL Leg Raise on elbows 1/4 sit-up Russian Hamstring Twisting sit-up(elevated or 1/4) On back-leg swings--SL in/out 	<p><u>COMET</u></p> <ol style="list-style-type: none"> Elevated Feet Abs All-Four straight leg swing Normal Sit-up Double Leg Eagles Twisting Sit-up(elevated or 1/4) Tick-Tock 1/4 Sit-up On back,Bent Knee, SL Hip Lift Bicycle Sit-up Trail Leg--All Fours 	<p><u>PLYOMETRICS</u></p>				
			<p><u>#1</u></p> <p>DL POGO: PLACE/F-B/L-R</p> <p>SL POGO: PLACE/F-B/L-R</p> <p>DL POGO HOP: F/B/L/R</p> <p>SL POGO HOP: F/B/L/R</p>	<p><u>#2</u></p> <p>TUCK JUMP</p> <p>SQUAT JUMP</p> <p>SWITCH JUMP</p> <p>ROCKET JUMP</p>	<p><u>#3</u></p> <p>10 x POWER SKIP-VERT</p> <p>3 X 5 HU. @ HOPS-30IN.</p> <p>5 x 1 BOX - BOX JUMPS</p> <p>5 x 2 BOX-BOX JUMPS</p>		
			<p><u>#4</u></p> <p>5 x ST. LJ</p> <p>5 x ST. TJ</p> <p>3 x 3 DOUBLE LEG HOPS</p> <p>SL: 2 x LLRR/2 x RRLl</p>	<p><u>#5</u></p> <p>10 x PW SKIPS-HORIZ</p> <p>1 x LLLLL/1 x RRRRR</p> <p>6 x ALT. BOUNDS</p> <p>SL: 2 x LLRR/2 x RRLl</p>	<p><u>#6: BABY BOUNDS</u></p> <p>10 x ALT. BOUND</p> <p>10 x SL: L & R</p> <p>5 x LLRR-LLRR</p> <p>5 x RRLl-RRLl</p>		
<p><u>MONSTER</u></p> <ol style="list-style-type: none"> Twisting sit-up(elevated or 1/4) Leg Toss 1/4 sit-up Elevated scissor Cross Bicycle sit-up SL Leg Raise on Back Down middle abs Angels on back Side sit-up V-Sits 	<p><u>INCREDIBLE HULK</u></p> <ol style="list-style-type: none"> Standing Lunges Elevated feet abs Prisoner Squat--SL Normal Sit-up 45 degree Lunge Bicycle Sit-up Heel Raise w/ hold Side Sit-up Side Lunge 1/4 Sit-up 	<p><u>REBEL</u></p> <ol style="list-style-type: none"> Down the Middle Abs Alternate Limb Raise Side sit-up On back,elbows, SL Raise Normal Sit-up SL Straight Leg raise on Stomach Elevated Feet Abs On side, hand, SL Raise Twisting Sit-up On side, elbow, Hip Lift 	<p><u>#7: MEDIUM BOUNDS</u></p> <p>5 x ALTERNATE BOUND</p> <p>5 x SL: L & R</p> <p>3 x LLRR-LLRR</p> <p>3 x RRLl-RRLl</p>			<p><u>#8</u></p> <p>5 x BLF-Distance</p> <p>5 x BLF-Vertical</p> <p>5 x OHBT</p> <p>5 x UHBT-Left/Right</p>	<p><u>#9</u></p> <p>5 x Squat Chest Throw</p> <p>5 x 1 hop + BLF</p> <p>5 x 2 hop + BLF</p>
			<p><u>HURDLE MOBILITY</u></p> <p>1. Walkovers-start slow-move to fast</p> <p>2. Bent-side--both directions</p> <p>3. Bent-middle-side-both directions</p> <p>4. Straight-side</p> <p>5. SL straight side-both directions</p> <p>6. Walkover: 2 front/1 backwards</p> <p>7. Hurdle skips: Lead-side-do both</p> <p>8. Hurdle skips: Trail-side-do both</p> <p>9. Hurdle skips: Middle--do both</p> <p>10. Twirl: 2 hurdles both trails</p>				

<p><u>Maroon WARM-UP</u> 400m @ Skip 100m/Jog 100m--400m Jog 30m Toe Walk-Arm Cross 30m Stride w/ scoop 30m Heel Walk-Arm Circles-switch half way 30m stride w/ scoop 30m skip with big arms forward 30m stride w/ scoop 30m skip backwards with big arms backward 30m stride w/ scoop 30m side to side—arm crosses 30m side to side other direction—arm crosses 30m carioca 30m carioca-switch Truck Twists x 20/Hip Circles x 20/Prisoner Squats x 15 Walking Lunge x 30m/Walking Leg Swings x 30m 30m stride with knee hugs every 5 steps—hold 5 seconds 30m butt kick--skip 30m stride with knee hugs every 5 steps—hold 5 seconds 30m butt kick--skip 30m backwards run 30m A-skip 30m backwards run 30m A-skip 4 x 30m accelerations—each one faster, starting at 70%</p>	<p><u>Gold Warm-up</u> 800m Jog 30m Heel Walk-Arm Cross 30m Toe Walk Arm Circles-switch direction half way 4 x 30m Easy stride forward/Easy backwards back 2 x 30m Easy jog w/ scoops 1. Donkey Hooks x 15 right/left 2. Fire Hydrant x 15 right/left 3. Elevated Scissors x 20 4. Hip Circles x 20 5. Leg Swings Front to Back--10 each right, then left 6. Leg Swings Side to Side--10 each right, then left Sprint Drills: 2 x 30m--Down and Back 1. Butt Kicks Skip--High Knee 2. Backwards Skip 3. A-March 4. A Skip-Rotary Motion 5. A-Drill 6. B-Skip--not a lot of lower leg kick out 7. Alternate fast leg 8. Continuous Fast leg--Right, then left Accells:4 x 30m-60m Each one Faster, Starting @ 70%</p>	<p><u>GOLDY</u> 400m @ 100m Walk/100m Stride 400m Jog 4 X 30M STRIDE-30M BACKWARDS RUN-PICK UP HEELS 30m stride/30m Jog w/ Knee tucks-Hold 5 seconds 30m Stride/30m Calf Stretch w/ jog--hold 5 seconds 30m Stride/30m Toe Touches w/ Jog-hold 5 seconds 30m stride/30m Walking Leg Swings 30m Stride/30m Lunge CORE: 1 X 20: CRUNCHERS/ELEVATED TOE TOUCHES/SIDE SIT-UPS TWIST SIT-UP/BETWEEN LEGS Sprint Drills: 2 x 30m--Down and Back 1. Butt Kicks Skip--High Knee 2. Backwards Skip 3. A-March 4. A Skip-Rotary Motion 5. A-Drill 6. B-Skip--not a lot of lower leg kick out 7. Alternate fast leg 8. Continuous Fast leg--Right, then left Accelerations: 4 x 30m-60m Each one Faster, Starting @ 70%</p>
<p><u>COOL DOWNS</u> <u>#1</u> 6 x 50m stride-walk back Calf stretch/Toe Touches/Toe Touches Split Sit-Butterfly/Sit-Glute Stretch/Quad <u>#2</u> Jog 400-800 10 x Donkey Hooks/Fire Hydrant/Hip Circles Calf stretch/Toe Touches/Toe Touches Split Sit-Butterfly/Sit-Glute Stretch/Quad <u>#3</u> 2 x 50m stride-50m jog 2 x 30m A March/A skip 2 x 50m stride-50m jog Calf stretch/Toe Touches/Toe Touches Split Sit-Butterfly/Sit-Glute Stretch/Quad <u>#4</u> 4 x 30m stride/30m backwards 2 x 30m: Butt kick skip/A-skip/B-skip Calf stretch/Toe Touches/Toe Touches Split Sit-Butterfly/Sit-Glute Stretch/Quad</p>	<p><u>SPRINT MECHANICS SERIES</u> 1. CLAW DRILL 2. WALKING A 1-2 hold 3. SKIPPING A 1-2-3 hold 4. RUNNING A 5. SKIPPING B 6. ALTERNATE FAST LEG 7. SINGLE LEG FAST LEG(R-L) 8. DOUBLE FAST LEG(L-R) 9. STRAIGHT LEG BOUND 10. STRAIGHT LEG BOUND-GO</p>	<p><u>ACCELERATION SERIES</u> 1. WALL DRILL 2. ARM DRILL 3. LUNGE START 4. PARTNER PUSH 5. PARTNER PUSH-RELEASE 6. CROUCH-2 STEP PUNCH 7. CROUCH-4 STEP PUNCH 8. CROUCH-2 BOUND-GO 9. CROUCH-4 BOUND-GO 10. CROUCH START-ARMS SPLIT 11. CROUCH START-ARMS HANG</p>

University of Minnesota Women's Track & Field/Cross Country



Too Far Left

Too Far Right

Non-eating	ATHLETIC NUTRITION	Poor diet
Never plan	VISUALIZATION GOAL SETTING	Think too much
Poor attitude	POSITIVE ATTITUDE	Not realistic
Under-training	PROPER TRAINING	Overtraining
Do Your own thing	ALLOW YOURSELF TO BE COACHED	Wait for the coach to do it for you
Questioning everything you and your coach have done	GOING TO THE LINE READY	Over Psyched
Too little sleep	PROPER SLEEP	Too much sleep
Never in the training room	TAKING CARE OF INJURIES	Always in the training room
Never studying	BALANCED STUDY TIME	Studying too much
Out all the time	BALANCED SOCIAL LIFE	Never out
Always stressed	BALANCE IN YOUR LIFE	Always too relaxed
Always late	ON TIME	Too early
Too little talk	COMMUNICATE UP FRONT	Talk too much

ZONE OF DISCIPLINE

Is the way you talk to yourself the way you would want your coach to talk to you?

Every program needs people who are an asset, not a liability.

If things don't change, then things don't change.



-

-

-

TEAM ENERGY

-

-

-



Goals (570 pts), 12.34, 25.3, 57.7, 2:15.6. 4:43.9											
	150m	200m	250m	300m	350m	400m	450m	500m	600m	800m	1000m
95%	19.2	25.8	32.5	41.9	50.8	60.2	69.9	1:20	1:40.6	2:21.7	3:05.4
92.5%	19.7	26.6	34.3	43.0	52.2	61.8	71.8	1:22.2	1:43.4	2:25.5	3:10.4
90%	20.2	27.3	35.3	44.2	53.6	63.5	73.8	1:24.5	1:46.3	2:29.6	3:15.7
87.5%	20.8	28.1	36.3	45.4	55.1	65.1	75.9	1:26.9	1:49.2	2:33.9	3:21.3
85%	21.4	28.9	37.3	46.7	56.8	67.2	78.1	1:29.3	1:52.3	2:38.4	3:27.2
82.5%	22.0	29.7	38.4	48.1	58.5	69.1	80.4	1:32.1	1:55.2	2:43.2	3:33.5
80%	22.7	30.7	39.6	49.6	60.3	71.3	82.9	1:34.9	1:59.4	2:48.3	3:40.2
77.50%	23.4	31.6	40.9	51.2	62.2	73.6	85.6	1:38.2	2:03.3	2:53.7	3:47.3
75%	24.1	32.7	42.2	52.9	64.2	76.1	88.4	1:41.2	2:07.7	2:59.5	3:54.9
72.50%	24.9	33.8	43.7	54.7	66.4	78.7	91.4	1:44.7	2:12.2	2:38.5	4:03.0
70%	25.8	34.9	45.1	56.6	68.8	81.5	94.7	1:48.4	2:16.2	3:12.3	4:09.5
Goals (600 pts), 12.15, 24.9, 56.7, 2:12.9, 4:37.9											
	150m	200m	250m	300m	350m	400m	450m	500m	600m	800m	1000m
95.0%	18.9	25.5	32.8	41.1	49.9	59.1	68.6	1:18.5	1:38.7	2:18.9	3:01.6
92.5%	19.4	26.2	33.8	42.2	51.3	60.7	70.5	1:20.6	1:41.4	2:22.6	3:06.5
90.0%	19.9	26.9	34.7	43.4	52.7	62.3	72.4	1:22.9	1:44.2	2:26.6	3:11.7
87.5%	20.5	27.6	35.7	44.6	54.2	64.1	74.5	1:25.2	1:47.1	2:30.8	3:17.2
85.0%	21.0	28.4	36.7	45.9	55.7	65.9	76.6	1:27.7	1:50.3	2:35.2	3:23.0
82.5%	21.7	29.3	37.8	47.3	57.4	67.9	78.9	1:30.4	1:53.6	2:39.9	3:29.2
80.0%	22.3	30.2	39.0	48.8	59.2	70.1	81.4	1:33.1	1:57.1	2:44.9	3:35.7
77.5%	23.0	31.1	40.2	50.3	61.1	72.3	84.0	1:36.1	2:00.9	2:50.2	3:42.6
75.0%	23.8	32.1	41.5	52.0	63.1	74.7	86.8	1:39.3	2:04.9	2:55.9	3:50.1
72.5%	24.6	33.2	42.9	53.7	65.2	77.2	89.7	1:42.7	2:09.2	3:02	3:58.0
70.0%	25.4	34.4	44.4	55.6	67.6	80.0	92.9	1:46.4	2:13.8	3:08.5	4:06

Goals (630 pts), 11.96, 24.5, 55.6, 2:10.3, 4:32.2												
	150m	200m	250m	300m	350m	400m	450m	500m	600m	800m		1000m
95%	18.6	25.1	31.4	40.5	49.1	58.0	67.4	1:17.2	1:36.8	2:16.1	2:58.0	
92.5%	19.1	25.8	33.2	41.5	50.4	59.6	69.4	1:19.2	1:39.4	2:19.8	3:02.8	
90%	19.6	26.5	34.1	42.7	51.8	61.2	71.1	1:21.3	1:42.2	2:23.7	3:07.9	
87.5%	20.1	27.2	35.1	43.9	53.2	63.0	73.1	1:23.6	1:45.1	2:27.8	3:13.2	
85%	20.7	28.0	36.1	45.1	54.8	64.8	75.2	1:26.1	1:48.2	2:32.2	3:18.9	
82.50%	21.3	28.8	37.2	46.5	56.4	66.7	77.5	1:28.7	1:51.4	2:36.8	3:25.0	
80%	22.0	29.7	38.3	47.9	58.2	68.8	79.9	1:31.4	1:54.9	2:41.7	3:31.4	
77.50%	22.7	30.6	39.5	49.5	60.0	71.0	82.5	1:34.4	1:58.6	2:46.9	3:38.2	
75%	23.4	31.6	40.8	51.1	62.0	73.3	85.0	1:37.5	2:02.5	2:52.4	3:45.4	
72.50%	24.2	32.7	42.2	52.8	64.1	75.8	88.1	1:40.8	2:06.7	2:58.4	3:53.2	
70%	25.0	33.8	43.7	54.7	66.4	78.5	91.2	1:44.4	2:11.2	3:04.8	4:00.5	

ENERGY SYSTEM TRAINING BREAKDOWN FOR SPRINT EVENTS

Length of Run	Component and Description of Objective	Energy System	% of Predicted Perform.	Rest Interval Between Reps/Sets	Daily Volume Range Based on the Best Racing Distance															
					100 Meters		200 Meters		300 Meters		400 Meters		500 Meters		100		400		Long Jump	
					Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
>200m	Aerobic Capacity (AC)	Aerobic	< 69%	< 45" / < 2'	1400	3000	1800	3000	1800	3000	2400	4000	2400	4000	1400	2500	2400	4000	1400	2000
>100m	Aerobic Power (AP)	Aerobic	70-79%	30-90" / 2-3'	1400	1800	1800	2400	1800	2400	1800	2800	1800	3000	1400	1800	1800	3000	1400	1800
>80m	Anaerobic Capacity (ANC)	Mixed AER/ANAER	80-89%	30-5' / 3-10'	800	1800	800	2000	900	2400	1000	2800	1000	2800	800	1800	1000	2800	600	1600
20-80m	Speed (S)	Anaerobic	90-95%	3-5' / 6-8'	300	600	300	600	300	800	300	900	300	900	300	800	300	900	300	500
	Anaerobic Power	Alactic	95-100%	3-5' / 6-8'	300	500	300	600	300	600	300	600	300	600	300	500	300	600	300	500
50-80m	Alactic Short Speed End (ASSE)	Anaerobic	90-95%	1-2' / 5-7'	300	800	300	800	300	900	600	1200	600	1200	300	800	600	1200	300	600
	Anaerobic Power	Alactic	95-100%	2-3' / 7-10'	300	800	300	800	300	900	600	1200	600	1200	300	800	600	1200	300	600
>80m	Glycolytic Short Speed End (GSSE)	Anaerobic	90-95%	1' / 3-4'	300	800	300	800	300	900	600	1200	600	1200	300	800	600	1200	300	600
	Anaerobic Capacity Anaerobic Power	Glycolytic	95-100%	1' / 4'	300	800	300	800	300	900	600	1200	600	1200	300	800	600	1200	300	600
80-150m	Speed Endurance (SE)	Anaerobic	90-95%	5-6'	300	900	600	1200	600	1200	400	1000	500	1000	300	900	400	1000	300	800
	Anaerobic Power	Glycolytic	95-100%	6-10'	300	600	300	600	300	600	400	800	400	800	300	800	400	600	300	500
50-300m	Long Speed Endurance (LSE)	Anaerobic	90-95%	10-12'	600	900	600	1200	600	1200	600	1200	600	1200	600	900	600	1200	400	900
	Anaerobic Power	Glycolytic	95-100%	12-15'	300	900	300	1000	300	1000	300	1000	300	1000	300	900	300	1000	200	800
100-600m	Lactate Tolerance (LAT)	Lactic Acid	90-95%	15-20'	600	900	600	1200	600	1200	900	1200	900	1200	300	600	900	1200	300	600
		Tolerance	95-100%	FULL	300	600	300	600	300	600	300	900	300	900	300	600	300	900	150	400

University of Minnesota Women's Track and Field / Cross Country

Take Pride in What I Do

**Hold Myself and My
Teammates Accountable**

MISSION

In order to realize our vision, our mission must be to live our values on a daily, weekly, and monthly basis. If we let our values lead our actions our program will be a championship caliber program.

VISION

To be a model program in the Big Ten on and off the track. This is not measured by wins and losses, but by Consistency both athletically and academically.

**Show Respect for Myself
and My Teammates**

**Be Open to Positive
Change and Growth**

**Challenge Myself
Physically, Emotionally
and Psychologically**

Calendar for January 2015 (United States)

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Phases of the moon: 4:○ 13:◐ 20:● 26:◑						
Holidays and Observances: 1: New Year's Day, 19: Martin Luther King Day						

Calendar generated on www.timeanddate.com/calendar