



Preseason Training

USE THESE OPTIONS TO CUSTOMIZE A WEEKLY TRAINING PLAN TO PREPARE FOR THE UPCOMMING SEASON

DAY ONE

OPTION A: Run 1 Mile
Pace should be very slow.

OPTION B: Active Play
Soccer, basketball, tag, etc.

OPTION C: 15 pushups, 1 minute plank
Core strength is critical to running.

DAY TWO

REST OR ACTIVE PLAY

DAY THREE

OPTION A: Run 1.5 Miles
Pace should be very slow.

OPTION B: Active Play
Soccer, basketball, tag, etc.

OPTION C: 30 crunches, 1 minute plank
Core strength is critical to running.

DAY FOUR

OPTION A: Hill Runs
Find a steep hill and run fast up the hill five times.

OPTION B: Active Play
Soccer, basketball, tag, etc.

DAY FIVE

REST OR ACTIVE PLAY

DAY SIX

OPTION A: 10 pushups, 25 crunches, 1 min. plank
Core strength is critical to running.

OPTION B: Active Play
Soccer, basketball, etc.

DAY SEVEN

REST OR ACTIVE PLAY

KEY CONSIDERATIONS

- Athletes should be active throughout the week even in the cold months.
- Hydration is critical. Drink water throughout the day. Aim for 90 oz.
- Run in a safe environment with supervision.
- Warmup before any exercise. Warmup drills can be found under our "Home Workout" tab on the track website.
- Active play includes other sports or activities and days when the athlete has gym class.
- A solid aerobic (endurance) base is critical to any athlete, even sprinters.
- If you have any questions, please contact track@sycva.com